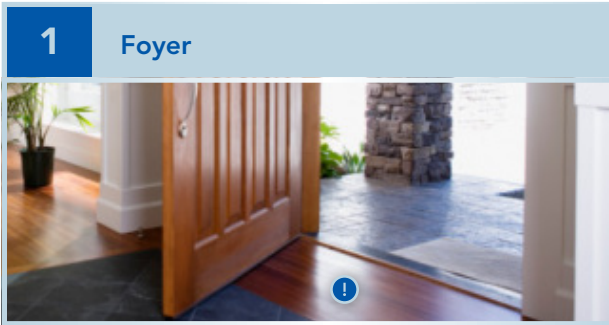




ALLERGY-PROOF YOUR HOME!

If you or someone in your family is one of the 50 million Americans affected by seasonal allergies, don't forget about the threat of indoor allergens – especially on hard surfaces. Many people assume that the great outdoors is the only place where allergens exist and once inside their home, they are protected from triggers. If you're one of these individuals—think again! That is why we enlisted pediatrician and author, Dr. Laura Jana, to create an indoor allergens guide to help allergy-proof your home. ➔



1 Foyer

STOP GERMS AT THE ENTRANCE

- ❑ When you come indoors, brush off your shoes to avoid tracking pollen in your home.

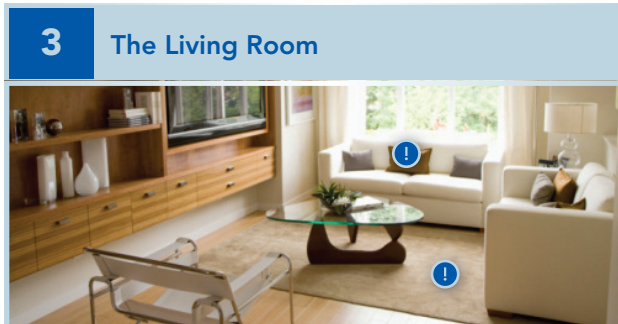
Dr. Jana also advises it's important to talk to your own pediatrician or doctor about whether or not allergy testing, medications, and/or other measures may help lessen the effects of allergens. For more information, please visit www.lysol.com.



2 Hard Surfaces

CONTROL ALLERGENS ON HARD SURFACES

- ❑ Finished wood baseboards, window sills and tables are hardwood surfaces that may harbor allergens and should be targeted for allergen removal.
- ❑ Use LYSOL® Disinfecting Wipes to remove more than 95% of allergens and also kill 99.9% of germs on hard non-porous surfaces when used as directed.



3 The Living Room

LIMIT AMOUNT OF ALLERGENS IN CARPETS AND SOFT FURNISHINGS

- ❑ Vacuum carpets and soft furnishings regularly to pick up dust, dust mite debris and other allergens.
- ❑ If possible, opt for hardwood floors which can be easily cleaned.
- ❑ Keep pets off furniture.



4 Children's Bedrooms

LIMIT EXPOSURE TO DUST MITES

- ❑ Encase furnishings like mattresses in allergen-proof, zip-up covers to avoid contact with dust mites.
- ❑ Wash linens weekly and other bedding every one to two weeks in hot water.



5 The Kitchen / Bathroom

CONTROL THE SPREAD OF MOLD AND WASH YOUR HANDS

- ❑ Wash your hands with soap and water whenever you come indoors to reduce the spread of germs and bacteria.
- ❑ Repair sources of water leakage and control indoor humidity by using exhaust fans and adding a dehumidifier in areas with naturally high humidity.
- ❑ Regularly clean and disinfect bathtubs, sinks and garbage pails. Use LYSOL® Disinfectant Spray to kill the source of mold allergens.