

HEALTHY FAMILY HAPPY FAMILY

healthy news & information for you & your family

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Just in time for spring allergy season! Guardian Technologies® expands germguardian® air purifier line-up

While this time of year typically means an end to snow for many of us, it is also the start of another seasonal foe: spring allergies! April showers may help new plants and flowers blossom, but this rain also brings more moss and mold growth, triggering allergy symptoms for the nearly 40 million Americans who suffer from seasonal allergies.

According to the American Academy of Allergy, Asthma and Immunology (AAAAI), allergy symptoms are the result of a cumulative effect of multiple allergens and non-allergic triggers, so it is best to minimize exposure to all known allergens at this time.

Rather than suffer through the season in misery with sneezing, wheezing and sniffles, seasonal allergy sufferers can take small steps to help improve their indoor air quality, such as using an air purifier with HEPA filtration.

To help create a healthier environment, Guardian Technologies has expanded its germguardian® family of air purifiers with new models, of varying sizes, that offer multiple levels of filtration - including HEPA - and feature UV-C light technology, which kills airborne germs and bacteria.

As we noted in our last newsletter, UV-C technology has been used for more than 100 years in various applications to kill germs on surfaces, in the air and in the water. Many hospitals use UV-C light technology to sanitize, and it has been proven to kill up to 99.9% of germs.

Today, thanks to emerging technology, the power of UV-C has been harnessed and is now available for personal use in an array of applications, including a number of home air care products from Guardian Technologies.

To get a better handle on your family's allergies, check out our newest germguardian® brand air purifiers with HEPA filtration and UV-C light technology at www.germguardian.com.



Quick and easy ways to minimize spring allergies

- 1 Keep windows closed at all times to prevent pollen from drifting into your home. Instead cool your home with air conditioning, which also cleans and dries the air.
- 2 Wash bedding once a week in hot water to help get rid of dust mites and other allergy triggers.
- 3 For patients with grass pollen allergy remaining indoors when grass is mowed and avoiding playing fields of tall grass may be helpful.
- 4 Minimize activities in the early morning - between 5am and 10am - when pollen is typically released.
- 5 Allergens such as pollen tend to stick to fabrics, which allows them to be deposited on furniture and other surfaces when you come in from outside. Wash clothing as often as possible to rid them of troublesome allergens.
- 6 Shower after spending time outside - pollen can also collect on your hair and skin - aggravating allergy symptoms.

TOP 5: Worst Spring Allergy Cities in America

Each year the Asthma and Allergy Foundation of America (AAFA) conducts "Allergy Capitals," a research project to identify "the 100 most challenging places to live with allergies" in the spring and fall seasons. The rankings are based on scientific analysis of 3 factors for the 100 largest metro areas in the US. The data measured and compared each year includes:

1. *Pollen Scores (grass, weed, pollen, tree, mold)*
2. *Number of Allergy Medications Used per Patient*
3. *Number of Allergy Specialists per Patient*

To see report of all 100 major metropolitan areas visit www.allergycapitals.com

2011 RESULTS

1. **Knoxville, TN**
2. **Louisville, KY**
3. **Charlotte, NC**
4. **Jackson, MS**
5. **Chattanooga, TN**