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Spring Cleaning: 10 Tips For Reducing Indoor Allergens

Spring is finally here! And after months of being cooped up with the windows shut and heater blasting, I'm thrilled to finally air out the house. This is the ideal time to prepare for the warmer months and rid your home of any indoor allergens with a thorough spring cleaning.

The most common indoor allergens that trigger allergic reactions, asthma spells or eczema flareups are dust, dust mite droppings, pet dander, mould, cockroaches and food. The best way to prevent and reduce these reactions is to eliminate these allergens from your environment.

While allergens can be anywhere in your home, there are ways to maximize your impact by targeting the most common places where allergens hide. To help make cleaning more efficient, here is a list of tips for reducing indoor allergens.

Clean Air

Ideally, your spring cleaning should be done early in the season, so that you can open windows and ventilate your home without letting pollen in. An indoor air cleaner like a HEPA (High Efficiency Particulate Arresting) air purifier can also help capture allergen particles, such as pet dander, dust, dust mite debris, spores from plants, mould and smoke.

Carpet and Rug Cleaning

Carpets are the ideal place for dust and dust mites to live, especially if it is a shaggy or high pile carpet. It's important to vacuum weekly or more frequently if you have pets, but in order to completely remove your carpet of dust and other allergens, a professional steam cleaning is necessary every 12 to 18 months. Don't waste your energy doing it yourself, as puddles and long drying times could lead to mould problems. Every six months, area rugs should be taken outside, aired out and beaten with a broomstick.

Bedding

Dust mites love to feed on the dead skin cells in your mattress and bed sheets. Wash your sheets, duvet covers in hot water to kill dust mites, or freeze any non-washable bedding overnight. Use dust-proof mattress and pillow covers to minimize your exposure while you are in bed. And if you have a pet, make sure to keep them off your bed.

Blinds and Curtains

We open and close blinds and curtains daily, but they are usually an afterthought in our regular cleaning routines. Spring is the perfect time to do a deep cleaning on window coverings to prepare for the months of sunshine and fresh air ahead. Dust buildup on blinds and curtains is expected, but window coverings in the kitchen or dining room could also have potentially harmful food allergens or bacteria on the surface if they

are touched with unwashed hands. Wipe blinds with a damp cloth and, if possible, wash curtains in hot water.

Fans and Lamp Shades

Ceiling fans, bathroom fans and lamp shades collect a lot of dust, pet hair and other allergens. Clean them with a damp rag to remove the dust. Never use a dry cloth as this just stirs up dust mite allergens.

Eliminates piles of "stuff"

Get rid of the piles of paper, laundry or magazines that may have been forgotten around your house. Cockroaches love to hide in these piles, giving them a place where they can shed body parts, and leave saliva and feces that can trigger both asthma and allergies.

Monitor Humidity in Your Home

Use a humidity monitor to make sure that the humidity in your home is less than 50 per cent at all times. Mould and mildew thrive in high humidity, and mould spores can trigger allergic reactions, exacerbate asthma or cause respiratory infections. If needed, use a dehumidifier to keep humidity levels low in damp areas such as a basement. Any visible mould should be cleaned with a diluted vinegar solution to kill the mould entirely.

Kitchen Appliances

Crumbs and spilled food inside or under your oven, toaster or microwave can attract cockroaches. The best way to prevent a cockroach infestation is to make sure that you do not have any food sources like unclean surfaces and uncovered food lying around. Fully clean the inside of your appliances and the spaces under and around them.

Linen Closet

Some linens rarely make it out of the closet, which would be the perfect place for dust mites to congregate. Empty out your linen closet and wash everything in hot water to kill off any dust mites. Make sure to wipe down each shelf with a damp cloth while your closet is empty.

Outdoor Allergens

It may surprise some, but pollen and other plant allergens can cause allergic reactions indoors. Pollen can be brought into the house on clothes, shoes and pets. Thoroughly clean any rugs or mats located at the entrance of your house, and make sure outdoor footwear is stored away from your living area.



For full article go to https://www.huffingtonpost.ca/2016/04/19/reduce-indoor-allergens_n_9722378.html?utm_hp_ref=ca-spring-cleaning-tips

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March Home Sales on Par with 10-year Average, as Inventory Remains Low

The London and St. Thomas Association of REALTORS® (LSTAR) announced 769 homes* were sold in March, down 37.9% over March 2017, which set a record for best March results since LSTAR began tracking sales data in 1978. "The market place is still being challenged with low levels of housing inventory, which continues to impact sales across the region," said the 2018 LSTAR President. "Looking at inventory, there were 1,192 Active Listings, down 20.4% from this time last year and down 55.3% from March 2016. Similar to February, the March inventory is the lowest level for the month in the last 10 years.

April 5, 2018 - London and St. Thomas Association of REALTORS®.



Year-to-date	March 2018	March 2017
Sales Activity	769	-37.9
Dollar Volume	\$280,002,115	-32.5
New Listings	1,024	-30.2
Active Listings	1,192	-20.4
Sales to New Listings Ratio	75.1	84.4
Months of Inventory	1.6	1.2
Average Price	\$364,112	8.6

Economic Impacts of MLS® System Home Sales and Purchases in Canada and the Provinces, Altus Group Consulting, 2013.

Breakdown of March Residential Sales

Type	March 2018	March 2017
London CMA (includes St. Thomas & Surrounding Area)	769	-37.9
City of London	536	-36.3
London North	190	-35.4
London East	153	-34.1
London South	193	-38.9
St. Thomas	73	-29.1
Strathroy	21	-47.5
Middlesex County	51	-54.5
Elgin County	39	-45.1

GARAGE SALE FOR SHELTER SATURDAY MAY 12th

8 a.m. to 2 p.m.



100% of the proceeds are donated to the **WOMEN'S SHELTER FOUNDATION**

The London Roundhouse
240 Waterloo Street

Spring Clean & Donate for a Cause!



Items needed SMALL MEDIUM and LARGE

Small items can be dropped off to our Office location:
The London Roundhouse - 240 Waterloo Street Unit# 103
(East of Wellington Street off of Horton Street East)



TOGETHER we CAN make a DIFFERENCE!

ITEMS NEEDED

Clean and gently used kids clothing
Gently used Records, CDs or DVDs (in cases)
Small exercise equipment
Toys (gently used and unbroken)
Working electronics
Books

Accessories (bags, necklaces, belts, etc)
Furniture (side tables, bookcases, etc)
Sporting goods
Pictures/art work
Household knick-knacks
Tools
Bikes



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