

- Allergy

10 tips to help during hay fever season ... and beyond

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SPRING is well underway, as the country enjoys some warmer temperatures and brighter, longer days.

But the incoming summer season also brings with it itchy eyes, sneezing and discomfort, all in the form of hay fever.

According to Met Office data, hay fever negatively affects the lives of roughly 10 million people.

Last month, Google searches for 'hay fever symptoms' spiked 306%.

But hay fever season isn't the only trigger for allergies.

Common dust mites, dead skin and even animal fur often result in hay fever-like symptoms. Ivan Ivanov, spokesperson for cleaning company End of Tenancy London, <https://www.end-of-tenancy-london.co.uk/>, wanted to help eliminate home allergies by offering 10 fantastic and simple cleaning tips to keep your house dust-free.

"We're now at the beginning of hay fever season, and quite rightly people are getting prepared for their allergies to hit," he said.

"Although antihistamines and other over-the-counter pharmaceuticals can help alleviate allergy symptoms, the best course of action is to remove any triggers.

"This means tackling dust within your own home first and foremost, and it doesn't have to be an arduous task. With these tips, it should make your life a lot easier, and help make your spring and summer as allergy-free as possible."

Get those bed sheets washed

Let's start with the basics. Clean your bed sheets. Microscopic dust mites love to nestle into the fibres of the sheets, causing unwanted irritation on the skin. Plus, with the close proximity of the duvet sheet to your mouth, you run the risk of breathing in the dust mites, which is unhygienic and a potential trigger point for allergies.

Wash your sheets and dry them away from the floor.

Hate vacuuming? Suck it up

Speaking of, time to up that vacuuming regime. Dust falls perfectly into carpet crevices, meaning the only way to avoid dust build-up is to vacuum frequently, with special attention being paid to thick carpets.

Also consider transitioning to hardwood flooring, as it makes spotting dust a whole lot easier.

Become a Mopping Pro

If you do have a hard floor already, then mopping is a super speedy and effective way of lowering the amount of allergy triggers in the home.

A simple and cost-effective way of cleaning the floor is warm water with a couple splashes of vinegar, to ease some of the dirt off of the ground. In a matter of minutes, you'll have a clean shiny floor with no dust on.

Air Purifiers are a great investment

If you're someone that prefers tech over toil, a great addition to the home is an air purifier. Using extremely fine filters, they suck in air and cleanse it to remove any allergen particles. Whilst they aren't infallible, they are extremely effective at removing dust. An air purifier is definitely something to consider.

DIY can help U

Dust can build up inside cracks, such as in the walls or in the ceiling. To stop the tide of dust building up and causing irritation, be sure to try and cover up all the cracks inside. Plus, eliminating cracks that lead to the outside also have a positive effect on your energy bills.

Time to re-learn how to dust

The most important facet of dusting is having a damp cloth over a dry one. A dry one just disperses dust particles into the air, which unfortunately makes allergies a whole lot worse. A damp cloth collects all the dust with ease.

Don't bother getting on all fours to reach tight corners and skirting boards, instead use the vacuum's long attachment, it'll save you hassle.

Let's get organised

Be wary of clutter. Dust LOVES to settle into cracks and crevices, and can build up surprisingly quickly. Declutter your spaces, as a clean home is a clean mind. Consider donating your clutter to charity instead of throwing it out. If you simply can't live without it, put the items in the attic or the garage.

Don't be blind to the dust

If you have light fixtures or blinds that are made of a delicate material, put down the damp cloth or vacuum and instead invest in lint rollers.

Designed primarily for clothing, lint rollers have a sticky outside that lends itself beautifully to removing dust.

Just be cautious not to apply too much pressure to what you're cleaning or else you run the risk of breaking it.

Dust can hide in surprising places

Have you ever noticed how your computer keyboard attracts dust? Typing removes microscopic amounts of dead skin, and eventually that forms into dust. When typing, all that settled dust comes up again into the air, becoming a potential irritant. To stop this happening, take a cotton bud and run it along the rows and columns of keys carefully, collecting all the buildup.

Make cleaning enjoyable

Have fun with it. Cleaning can be a monotonous task, and therefore it can be easy to fall into the trap of doing the minimum work needed. Instead, put music on in the background. Work to a beat to maintain a rhythm. Or, let your mind wander as you listen to a podcast. It can make even the most menial cleaning task a whole lot more enjoyable.

"Combining all these tips should result in a dust-less and healthy home, free from allergy irritants and just in time for the start of the warmer months," Mr Ivanov said.