



# How to Reduce Biological Contaminants

Dust mites, molds, pet dander and pest droppings are some biological contaminants that can be found in the home. They trigger allergic reactions including allergic rhinitis, hypersensitivity pneumonitis, and some types of asthma. Symptoms such as watery eyes, shortness of breathe, coughing, sneezing and fever may be as a result of biological pollutants. To reduce exposure to these contaminants, a good housekeeping must be maintained.

## Steps

- 1 Prevent moisture build-up.** Humidity levels should be kept around 50%. Attics and crawl spaces should also be well ventilated as this will prevent water condensation on building materials and avoid mold growth.
- 2 Clean appliances according to instructions.** Ultrasonic humidifiers or cool mist must be thoroughly cleaned following the instructions of the manufacturer. Evaporation trays in air conditioners, dehumidifiers and refrigerators should also be kept clean. This is because these humidifiers in particular can be a ground for breeding microscopic organisms which may lead to humidifier fever.
- 3 Keep the house clean.** Use central vacuum systems that are vented to the outdoors regularly to keep biological pollutants in check. Allergic and asthmatic people can leave the house during vacuuming to avoid any attacks. Carpets and building materials that have been damaged by water must be thoroughly cleaned and dried because they can harbor molds and bacteria.
- 4 Use air purifiers.** Since you have no control over the microorganisms that you and other people carry into your home, it will help if you have an air purifier. Some of these devices can destroy biological contaminants by using a patented heat technology without contributing heat in the indoor environment.

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