

PLEASE  
TAKE ONE



Pledge's unique formula contains Allergen Trappers™ that grab and hold dust and common allergens\*

**Don't Kick it Up. Pick It Up!**

See reverse side for allergen reducing cleaning tips



**Dust Mite Allergens**



**Pollen**



**Pet Dander**

\* Allergens found in dust from pet dander, pollen, and dust mites  
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# Cleaning Tips To Help Reduce Allergens In The Home

## Dust Mites



- Cover mattresses & pillows in zippered dust-proof or allergen-impermeable covers.
- Wash your sheets & blankets weekly in hot water of at least 130 degrees F. to kill dust mites.
- Use roll-type shades instead of curtains for the windows; if you do have curtains, be sure to wash them often.
- Use a dehumidifier. Lowering humidity reduces the number of dust mites & dust mite allergens in your home.
- Bare floors and walls are best. If you must have carpet, vacuum & clean your carpets frequently. Use a specially formulated carpet treatment for allergens.
- Dust frequently to keep hard surfaces clean. In general, wet dusting stirs up less dust than dry dusting. Use a dusting product specially made to remove dust & allergens, such as Pledge®.

## Pollen



- Keep windows and doors closed as much as possible during pollen season.
- Use a HEPA air purifier to remove airborne allergens from the air.
- Dust frequently to keep hard surfaces clean. In general, wet dusting stirs up less dust than dry dusting. Use a dusting product specially made to remove dust & allergens, such as Pledge®.

## Pet Dander



- Try to keep your pet off furniture where dander can collect.
- Dust frequently to keep hard surfaces clean. In general, wet dusting stirs up less dust than dry dusting. Use a dusting product specially made to remove dust & allergens, such as Pledge®.
- Vacuum your carpet & upholstered surfaces frequently. Use a vacuum with a HEPA filter, if possible.
- Keep your pet out of your bedroom as much as possible to reduce exposure to pet dander.
- Bare floors & walls are best. If you must have carpet, select a carpet with a low pile & steam clean it frequently.
- Bathe pets frequently & brush them outside to remove loose hair, dander & other allergens.



Go To [Pledge.com](http://Pledge.com) For More Information On Reducing Allergens In The Home

Bring The POWER Of Pledge® To The Surfaces In Your Home