

fresh AAIR™

asthma & allergy friendly®
Certification Program Special Edition



Asthma and Allergy Information Resource • Spring 2021

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This issue is for people who manage asthma, dust mite allergy, pollen allergy, animal dander allergy, atopic dermatitis (eczema), and rhinitis (nasal allergies).

AIR VENTILATION TAKES CENTER STAGE COVID-19 Pandemic Highlights Need for Improving Indoor Air Quality

As evidence mounted that the virus that causes COVID-19 can spread through the air, it placed an urgent spotlight on indoor air ventilation.

In addition to wearing masks and keeping a physical distance from people outside your household, experts recommend improving air flow in indoor spaces. The virus is more likely to spread indoors where air may be trapped from flowing. The virus spreads from tiny droplets that come out of people's mouths and noses when they breathe, talk, sing, yell, sneeze, cough, or chew. Bigger droplets will fall to the ground or on nearby surfaces, but smaller droplets can float in the air.

Poor indoor air ventilation exposes people to air pollution, viruses, mold, and other irritants that can harm their health.

There are steps you can take to improve your indoor air flow and the quality of the air in your home or other indoor spaces. First, open windows and doors to help exchange indoor air with outdoor air. (This isn't always practical due to pollen, weather, or safety concerns.) Servicing your heating, ventilation, and air conditioning (HVAC) unit or central furnace system is important. Replace or clean your system's air filters as recommended by the manufacturer. If your home does not use forced-air heating with air filters, you may need to add an air cleaner to certain rooms to help filter the air. You can also use fans to help improve air flow.

Air cleaning products like air purifiers, air filters, or whole home air cleaners that earn the **asthma & allergy friendly®** certification are proven to remove asthma and allergy triggers from the air. They include animal dander, pollen, mold spores, and irritants, such as smoke.

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INDOOR AIR POLLUTION IS A PUBLIC HEALTH ISSUE

Indoor air can be up to
five times more
polluted than outdoor air.
- U.S. Environmental Protection Agency

3.8 million
deaths are attributed
to household air pollution
annually.
- World Health Organization

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This issue of freshAAIR™ is a special edition to highlight the **asthma & allergy friendly**® Certification Program.

There's No Place Like a Healthy Home



Before the COVID-19 pandemic, we were already spending most of our time indoors. In fact, we usually clock about 90% of our time inside. Because of coronavirus, more of us are likely thinking about indoor and at-home spaces in new and different ways.

Along with physical distancing, wearing face coverings and practicing good hand hygiene, upgrades and improvements to ventilation systems have become key considerations to reduce the spread of disease. Throughout the pandemic, we've reminded our community that controlling asthma and allergies is the best protection against the risk of managing more than one health emergency at a time. Environments where you work and live can make the difference between taking control of your health or triggering symptoms.

Collaborating with Allergy Standards Limited (ASL), we developed the **asthma & allergy friendly**® Certification Program. It is the only science-based program with standards to reduce indoor allergy and asthma triggers. In this issue, you'll learn more about ventilation. You'll see how the delivery of clean air has an impact on managing asthma and allergies. You'll also learn about how it might affect your potential risk to viruses, such as COVID-19. You'll gain a better understanding of hidden triggers at home that can make you sick. And we'll arm you with tools to fix or reduce those triggers for better breathing.

The Asthma and Allergy Foundation of America (AAFA) is your ally in health. We offer FREE online support.

**Let's stay connected beyond these pages.
We invite you to join us: aafa.org/join**

A handwritten signature in black ink that reads "Kenneth Mendez".

Kenneth Mendez
CEO and President, Asthma and Allergy Foundation of America

Founded in 1953, the Asthma and Allergy Foundation of America is the oldest and largest nonprofit patient organization dedicated to saving lives and reducing the burden of disease for people with asthma and allergies through support, advocacy, education, and research. AAFA provides easy-to-understand information, community-based services and programs.

Our Commitment to You



We believe people with asthma and allergies should be able to easily identify products they can trust. Consumers need a recognizable, trustworthy mark to help them identify the truly beneficial products. This is where the **asthma & allergy friendly**[®] certification mark comes in: a certification program that considers a product's impact on the indoor environment as it relates to health indoors.

In 2006, ASL and AAFA launched the **asthma & allergy friendly**[®] Certification Program in the United States. We have CERTIFIED products from more than 200 companies with rigorous scientific tests to ensure they meet our strict certification standards to reduce asthma and allergy triggers.

We pride ourselves in being the foremost authority in identifying products that are suitable for people affected by asthma and allergies, and we take that responsibility very seriously. Unlike some "Seals of Approval," we do not rely on paper-based evaluations of manufacturer's data. Each standard is reviewed and approved by a medical and scientific advisory committee using best-in-class data.

Our Certification Program evaluates products for efficacy and impact on the home environment. This empowers people with asthma and allergies to make informed choices. We are committed to growing our program to offer even more options for you.

We all deserve to live in healthy indoor spaces and breathe clean air.

Learn more about the science behind the mark:
allergystandards.com

John McKeon

Dr. John McKeon
CEO, Allergy Standards Limited



No Federal Standards for "HYPOALLERGENIC"

It's common to see the term "hypoallergenic" on many products and services. It's a word many consumers have become comfortable with. It makes some believe anything with this label is better for them and less likely to trigger asthma and allergy symptoms.

But you may be surprised to find there is no regulation on how a product can be labeled "hypoallergenic." The U.S. Food and Drug Administration (FDA) says, "There are no Federal standards or definitions that govern the use of the term 'hypoallergenic.' The term means whatever a particular company wants it to mean."

In some cases, the word is just clever marketing. But people with asthma and allergies need the term to be backed by science. Their health depends on it.

This is why the **asthma & allergy friendly**[®] Certification Program is based on science. Products and services are tested in independent laboratories to see if they meet our strict scientific standards. If they pass all tests, they earn our certification mark to help consumers identify better choices for a healthier home.

Reducing exposure to triggers and allergens is critical for controlling asthma and allergy symptoms. And because of that, we need products and services backed by science, not marketing.

Learn more about the science behind our certification at: aafa.org/certified



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Before selecting a portable air cleaner, consider the size of the room so the air cleaner you choose is powerful enough. An air cleaner's **clean air delivery rate**, or **CADR rating**, measures the capacity of an air cleaner. If you purchase an air cleaner with a CADR rating too low for your room, it will be ineffective. The higher the CADR, the more particles the air cleaner can filter and the larger the area it can serve.

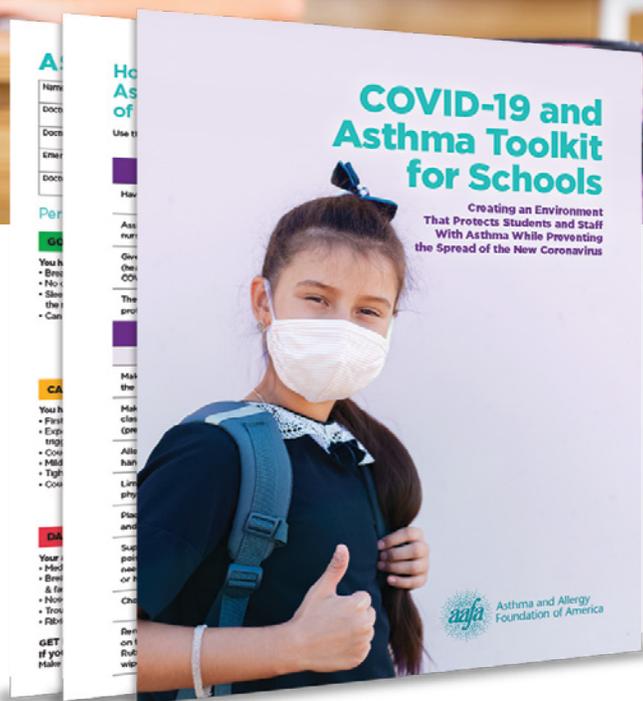
For air filters, the **minimum efficiency reporting value**, or **MERV rating** is a measure of the size of particles the filter will remove. HEPA filters are normally rated MERV 13.

Portable Air Cleaner Sizing for Particle Removal						
Room area (square feet)	100	200	300	400	500	600
Minimum CADR (cfm)	65	130	195	260	325	390

Note this chart is for estimation purposes. The CADRs are calculated based on an 8-foot ceiling. If you have higher ceilings, you may want to select a portable air cleaner with a higher CADR.

Source: Guide to Indoor Air Cleaners in the Home. Environmental Protection Agency, July 2018.

Helping Schools Manage COVID-19 and Asthma



AAFA's COVID-19 and Asthma Toolkit for Schools is designed to supplement district/state guidelines so schools can better protect students and staff with asthma while also preventing the spread of the virus that causes COVID-19.

This toolkit includes information about asthma basics and how school environments can trigger asthma symptoms. COVID-19 prevention strategies, such as cleaning protocols, can introduce more asthma triggers into school classrooms. The toolkit provides checklists and recommended policies for school nurses, teachers, and other school staff to follow to manage asthma and prevent the spread of COVID-19.

Download the toolkit for free at: aafa.org/schools-covid19

The asthma & allergy friendly® Certification Process

AAFA and ASL conduct market research and listen to feedback from AAFA's asthma and allergy community about consumers' needs.

How We Develop Standards

ASL reviews scientific research, clinical studies, related national and international standards and best practices.

ASL conducts experimental product testing.

ASL develops the standard for the product category, including strict criteria to which any products will be tested.

The standard is sent to the board of directors for AAFA and ASL for review and approval.

AAFA's independent medical scientific council reviews the proposed standard and provides expert feedback.

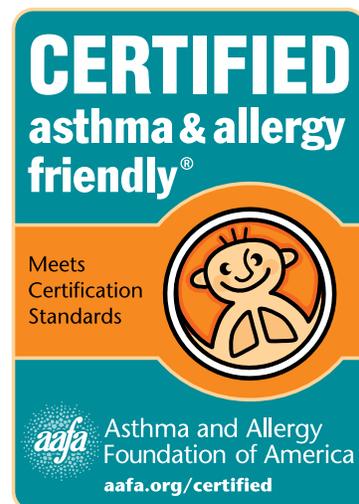
How We Test Products

Companies send their products to independent labs for testing. ASL manages the testing process to ensure strict guidelines are followed.

Products and companies are reviewed to see if their product is a good fit for the **asthma & allergy friendly®** Certification Program.

Products must pass every test required in the standard in order to qualify for **asthma & allergy friendly®** certification.

Each CERTIFIED product has a certificate and is associated with a unique certification code.



aafa.org/certified



What Are Volatile Organic Compounds (VOCs)?

What do building materials, electronic devices, and cleaning products have in common? They all release volatile organic compounds (VOCs), which can affect indoor air quality.

VOCs are tiny molecules that contain carbon. At room temperature, they are primarily found in a gas form. Surprisingly, there can be two to five times more VOCs indoors than outdoors.¹

VOCs can irritate our lungs, skin, eyes, and nose. As a result, VOCs can affect asthma and eczema. They can also irritate your eyes and cause other respiratory issues.

VOCs come from many different sources, such as:

- Building materials (furniture, carpet, paints, varnish, glue)
- Electronic equipment (photocopiers)
- Cleaning products
- Scented products (essential oils, air fresheners, candles, fragranced products)
- Cooking equipment (fryers, grills)
- Pesticides

To improve indoor air quality, be aware of the VOCs in your environment. Choose low VOC options when you can.

SOURCES OF AIR POLLUTION IN YOUR HOME

Animal dander, pollen, mold, dust mites, and fumes released by cooking, burning fuel, or cleaning products can all have an impact on your indoor air. The health risks from poor indoor air quality can often be much worse than outdoor air.

It is important to understand the sources of indoor air pollution.



Allergens are a major source of indoor air pollution in homes. Common indoor allergens include animal dander, pollen, mold, dust mites, cockroaches, and more.

- **Dust mites** and **pet dander** can be found on a lot of surfaces in your home: fabric furniture, carpets and rugs, window curtains and blinds, and bedding. When these surfaces are disturbed, it can send these allergens into the air.
- **Mold** is a fungus that can be found in or near damp or humid areas of your home. These areas include sinks, showers, toilets and near water leaks. Mold can also be found in closets and basements and in the soil of overwatered houseplants.
- Dead or alive, **cockroaches** in your home can cause issues too.



Volatile organic compounds (VOCs) also affect indoor air quality. Building materials are a big source of VOCs. These include paints, solvents, and varnishes. VOCs also come from electronic equipment, cleaning products, furniture, and many other household products.



Cleaning products are an issue because many release harmful gases and VOCs. Scented products like air fresheners, essential oils and self-care products also release VOCs.



Fuel-burning heat sources and **smoke** also have a negative impact on indoor air. These include wood-burning stoves and kerosene heaters. Smoke can come from cooking, candles, fireplaces, or tobacco. Cooking foods can also release air pollution into your home.



Even **outdoor air pollution** can find its way into your home. It can come in through open doors and windows and on your clothing. Pollen, wood burning smoke, dust, ozone, and emissions from cars and factories can find their way into your home. Even attached garages that store cars, motorcycles, or lawnmowers can pollute your indoor air. The carbon monoxide and exhaust enters your home through doorways, vents, and cracks.

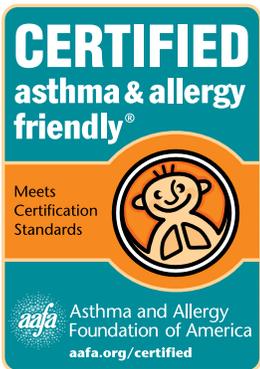
To learn more about sources of indoor air pollution, visit: aafa.org/iaq

1. Volatile Organic Compounds' Impact on Indoor Air Quality. (2017, April 19). Retrieved February 9, 2021, from <https://www.epa.gov/indoor-air-quality-iaq/volatile-organic-compounds-impact-indoor-air-quality>



CERTIFIED Products Guide

Improve Air Quality and Reduce Exposure to Allergens and Asthma Triggers



The following products have earned the **asthma & allergy friendly**® certification as of January 2021. This means they were independently tested and confirmed to adhere to strict criteria. The products must meet all of the standards defined by Allergy Standards Limited and approved by the Asthma and Allergy Foundation of America. This list may change as products are added or removed. For more information, visit: aafa.org/certified

Look for this mark on product packages or company websites!



Air Cleaners

Portable Air Cleaners

- **Dyson USA Inc.** – Pure Hot + Cool™ HP01 Purifying Heater + Fan
- **Dyson USA Inc.** – Pure Hot + Cool™ HP04 Purifying Heater + Fan
- **Dyson USA Inc.** – Pure Cool™ DP04 Purifying Desk Fan
- **Dyson USA Inc.** – Pure Cool™ TP01 Purifying Tower Fan
- **Dyson USA Inc.** – Pure Cool™ TP04 Purifying Tower Fan
- **Dyson USA Inc.** – Pure Cool Link™ TP02 Tower Purifier Fan
- **LG USA** – PuriCare™ 360° Air Purifier
- **LG USA** – Signature All-in-One Air Purifier and Humidifier*
- **Rabbit Air** – Minus A2 Air Cleaner 700A
- **Rabbit Air** – Minus A2 Air Cleaner 780A
- **Rabbit Air** – Minus A2 Ultra Quiet HEPA Air Purifier



Air Filters

HVAC Furnace Air Filters

- **3M Inc** – 2500 MPR with OHLL85 or VLL85
- **3M Inc** – 2800 MPR with OHLL90 or VLL90
- **3M Inc** – Filtrete™ Healthy Living 1500 Ultra Allergen Filter
- **3M Inc** – Filtrete™ Healthy Living 1900 Ultimate Allergen Reduction Filter
- **3M Inc** – Filtrete™ Healthy Living 2200 Elite Allergen Reduction Filter

*Only air cleaner function is CERTIFIED asthma & allergy friendly®.



Bedding

Comforters and Duvets

- **Bloomingdale's** – My Down Alternative Blanket
- **Bloomingdale's** – My Down Asthma & Allergy Friendly Comforter
- **Bloomingdale's** – My Primaloft Comforter
- **Downlite** – Luxe Down Alternative Comforter (BLO500CO0400 & BLO500CO0410)
- **Downlite** – Luxe Down Alternative Comforter (BLO500CO0420 & BLO500CO0430)
- **Healthy Home™** – White Down Comforter
- **Live Comfortably®** – Certified Asthma & Allergy Friendly® Cluster Fill Comforter
- **National Allergy®** – BedCare Cotton Duvet Cover
- **SmartSilk™** – Comforter

Infant Mattresses

- **Pure Zees** – Waterproof Infant Mattress

Mattress Covers

- **National Allergy®** – BedCare Cotton Mattress Cover
- **SmartSilk™** – 100% Cotton Mattress Cover, 233TC, Silk Filled, White (X12)

Mattress Encasings/Pads

- **BreatheWell™** – 300TC Cotton Mattress Pad
- **Healthy Home™** – 240TC Peachy Polyester Padded Mattress Pad
- **Hollander** – AAFA MSH Healthy Home 300TC Mattress Pad
- **Indo Count** – 325TC AllerCot Sateen 100% Organic Cotton Mattress Pad
- **JCPenney Home** – Asthma & Allergy Friendly® Allergen Barrier Mattress Pad
- **Live Comfortably®** – Asthma & Allergy Friendly® Mattress Encasement
- **Protect-A-Bed** – AllerZip® Smooth Mattress or Box Spring Encasement

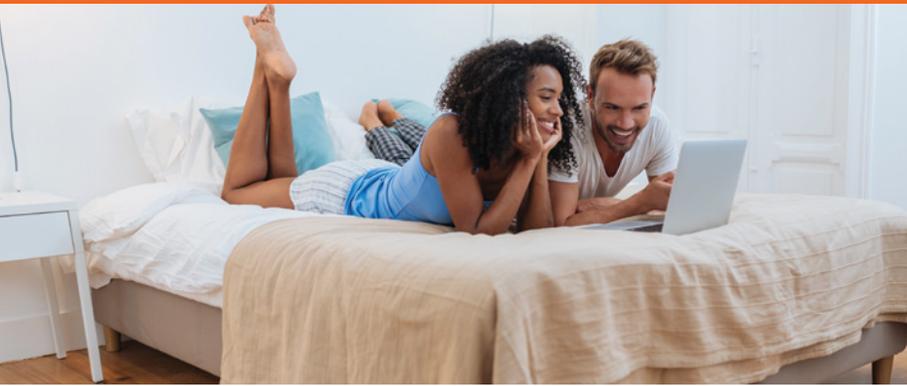
Pillow Encasings

- **Beautyrest®** – Black Twin Pack Pillow Protector
- **Bloomingdale's** – My Luxe Pillow Protector
- **Indo Count** – 325TC AllerCot Sateen 100% Organic Cotton Pillow Protector

- **Lauren Ralph Lauren** – 300TC 100% Cotton Pillow Protector
- **Live Comfortably®** – Certified Asthma & Allergy Friendly® Pillow Protector
- **Modern Southern Home** – 400TC Pillow Protector
- **National Allergy®** – BedCare Cotton Pillow Cover
- **Protect-A-Bed** – AllerZip® Smooth Pillow Protector
- **SmartSilk™** – Pillow Protector Standard

Pillows

- **Beautyrest®** – AAFA Pillow
- **Beautyrest®** – AAFA Pillow Twin Pack
- **Beautyrest®** – Asthma & Allergy Friendly® Pillow
- **Beautyrest®** – Deep Rest™ Pillow Dual Pack
- **Beautyrest®** – Ultimate Allergy Protection Pillow
- **Bloomingdale's** – My Flair Asthma & Allergy Friendly Medium Density Down Pillow
- **BreatheWell™** – Memory Fiber Fill Pillow, Organic Cotton Pillow, Organic Cover Pillow
- **Cannon** – Asthma & Allergy Pillow
- **Downlite** – Home Depot Pillow
- **Downlite** – Hotel & Resort Medium Density 230 TC EnviroLoft® AAFA Certified Down
- **Downlite** – Luxe Down Alternative Pillow, Alternative Allergen Pillow
- **Downlite** – Luxe Down Pillow
- **Downlite** – Microfiber Clusterball Pillow
- **Downlite** – Organic Cotton Pillow
- **Great Sleep®** – Certified Asthma & Allergy Friendly® Peachy® Pillow
- **Hollander** – Asthma & Allergy Friendly Soft/Medium Memorelle Pillow
- **Hollander** – Memorelle Polyester Pillow
- **Hollander** – Memory Fiber Fill Pillow
- **Hollander** – Micromax AAFA Certified Down-Alternative Pillow
- **Hollander** – Obusforme Twin Pack Pillow
- **Hollander** – Organic Cotton Pillow
- **Home Accents** – European Pillow
- **Huntington Home** – Allergy Smart Pillow (Aldi)



Pillows continued

- **JCPenney Home** - Allergen Barrier Pillow
- **Lauren Ralph Lauren** - 300TC Gusseted Pillow
- **Lauren Ralph Lauren** - Bronze Comfort Lux-Loft Down Alternative Euro, Lux-Loft Down Alternative, White Down Pillows and White Down Pillow
- **Life at Home** - Luxury 230TC Pillow
- **LiveComfortably®** - Certified Asthma & Allergy Friendly® Organic Cotton Down Alternative Pillow

- **LiveComfortably®** - LC Classics Foamessence Memory Fiber AAFA Certified Pillow
- **LiveComfortably®** - LC Premium AAFA Down Alternative Fiber Fill Pillow
- **Serta®** - Allergy Smart Pillow
- **Serta®** - Perfect Sleep Smart Defense Pillow White
- **Simmons** - Allergy Protection Twin-Pack Pillows
- **SmartSilk™** - Pillow

Sheets and Pillowcases

- **Indo Count** - 500TC Navy EverClean/Allercot Pillowcase and Sheet
- **Indo Count** - Allercot 400TC Fitted/Flat Sheet
- **Sharper Image®** - 500TC 100% Cotton Sheet Set (Fitted Sheet with 18" Pocket Depth, Fitted Sheet, Flat Sheet, Pillow Case)
- **Wicked Sheets** - 100% Polyester Fitted Sheet, Flat Sheet, Pillowcase



Cleaning Products

- **Bona US** - Bona Free & Simple® Hardwood Floor Cleaner
- **Endust®** - Free Hypo-Allergenic Dusting and Cleaning Spray
- **Guardsman US LLC** - Dusting Cloths



Flooring

- **Congoleum Corporation** - Cleo Flooring Range
- **Tarkett** - Acczent Heterogeneous Sheet Flooring
- **Tarkett** - A Menards' Exclusive Vinyl Sheet Collections (Bravo, Eclipse, Essence, Garrison, Grande, Harbor Village, Media)
- **Tarkett** - Everyday Oriental Vinyl Sheet
- **Tarkett** - FiberFloor® Vinyl Sheet Collections (ComfortStyle™, CustomPro™, EasyLiving™, Footnotes™, Fresh Start™, Moxie™, Proline™, Starters™)
- **Tarkett** - iD Inspiration™ Luxury Vinyl Plank
- **Tarkett** - iQ™ Homogeneous Vinyl Sheet & Tile
- **Tarkett** - LifeStyle™ FiberFloor® Sheet Flooring
- **Tarkett** - LifeTime Vinyl Sheet Collection
- **Tarkett** - Omnisports Range (6.5mm, 7.1mm, 8.3mm, 9.4mm), Greenlay and Tarkett Sport Multi-Poxy Adhesives
- **Tarkett** - Performa Flooring
- **Tarkett** - PRO12™ Vinyl Sheet
- **Tarkett** - TruTEX™ Flooring



Humidifiers

- **Dyson USA Inc.** – AM10 Humidifier



Insulation

- **Knauf Insulation North America** – EcoBatt® R-15 Unfaced Insulation
- **Owens Corning Inc.** – Pure Safety® High Performance Insulation, Unfaced 3.5-inch Thick Batts, R-15



Laundry

Steam Clothing Care System

- **LG USA** – Baron Styler Steam Clothing Care System
- **LG USA** – Styler Steam Clothing Care System

Washing Machines

- **Kenmore Elite®** – 3155* Top Load Washer
- **LG USA** – All-In-One Front Load Washer/Dryer Combo with TurboWash® Technology WM3997HWA*, WM3998HBA*
- **LG USA** – Compact Front Loader Washer WM1455H
- **LG USA** – Front Load Washer/Dryer Combo with Steam and TurboWash™ 360° Technology WM3555H*
- **LG USA** – LG Signature Large Smart Wi-Fi Enabled Front Loader Washer WM9500HKA
- **LG USA** – LG Signature Washer/Dryer with Steam and Turbowash® Technology LUWM101HWA*
- **LG USA** – Single Unit Front Load WashTower™ with Center Control™ Washer and Gas Dryer WKEX200HBA*, WKEX200HWA*, WKGX201HBA*, WKGX201HWA*
- **LG USA** – Smart Wi-Fi Enabled Compact All-In-One Washer/Dryer WM3499HVA*
- **LG USA** – Smart Wi-Fi Enabled Front Load Washer WM3600HVA, WM3600HWA, WM3700HVA, WM3700HWA
- **LG USA** – Smart Wi-Fi Enabled Front Load Washer with TurboWash™ 360° Technology WM3900HBA, WM3900HWA, WM4000HBA, WM4000HWA, WM4200HBA, WM4200HWA, WM4500HBA
- **LG USA** – Smart Wi-Fi Enabled Front Load Washer with TurboWash® Technology WM5000HVA, WM5000HWA, WM9000HVA, WM9000HWA
- **LG USA** – Smart Wi-Fi Enabled Top Load Washer with TurboWash3D™ Technology WT7880HWA, WT7900HBA
- **LG USA** – Top Load Washer with TurboWash® Technology WT7600HKA, WT7600HWA
- **LG USA** – TurboWash® Front Load Washing Machine WM4270HWA
- **LG USA** – TurboWash® Washer with Steam Technology WM3670HRA, WM3670HVA, WM3770HVA, WM3770HWA, WM4370HKA, WM4370HWA, WM8100HVA



Paint

- **Benjamin Moore** – Natura® Premium Interior Paint
- **Samhwa Paints (KO)** – Samhwa Classy ATO Free Paints
- **True Value®** – EasyCare® Platinum 100% Acrylic Interior Paint: Eggshell, Enamel, Satin Finish
- **True Value®** – EasyCare® Ultra Premium Acrylic Latex Interior Paint: Eggshell, Flat, Satin Finish
- **True Value®** – Mythic Black Label Interior Latex Paint
- **True Value®** – Spec-One Empress Paint

*Only washer function is **CERTIFIED asthma & allergy friendly®**.



Vacuum Cleaners

Canister Vacuums

- **Dyson USA Inc.** – Ball Multi Floor Canister
- **Dyson USA Inc.** – Big Ball Multi Floor Canister
- **Dyson USA Inc.** – Cinetic™ Big Ball Animal
- **Dyson USA Inc.** – Cinetic™ DC77
- **Dyson USA Inc.** – DC52/54 Cinetic™ Cylinder
- **Dyson USA Inc.** – DC78 Turbinehead Animal

Cordless Vacuums

- **Dyson USA Inc.** – Cyclone V10 Absolute, Cyclone V10 Fluffy Extra, Cyclone V10 Motorhead
- **Dyson USA Inc.** – V6 Absolute, V6 Animal, V6 HEPA
- **Dyson USA Inc.** – V7 Absolute, V7 Trigger Pro
- **Dyson USA Inc.** – V8 Absolute / Animal, V8 Cordless Stick
- **Dyson USA Inc.** – V10 Absolute Extra
- **Dyson USA Inc.** – V11 Outsize, V11 Torque Drive
- **LG USA** – CordZero™ A9 Charge Cordless Stick Vacuum, CordZero™ A9 Kompressor Stick Vacuum, CordZero™ A9 Ultimate Cordless Stick

Upright Vacuums

- **BISSELL** – Sanitaire® EON™ Allergen Commercial Upright
- **Dyson USA Inc.** – Ball Animal 2
- **Dyson USA Inc.** – Ball Multi Floor 2
- **Dyson USA Inc.** – DC24 Multi Floor, DC33 Multi Floor, DC40 Multi Floor
- **Dyson USA Inc.** – DC65 Animal
- **Dyson USA Inc.** – Light Ball Multi Floor, Small Ball Multi Floor
- **Dyson USA Inc.** – Slim Ball Multi Floor

Vacuum Parts/Tools/Accessories

- **Dyson USA Inc.** – Carbon Fiber Soft Dusting Brush
- **Dyson USA Inc.** – Flexi Crevice Tool, Mattress Tool, Tangle-Free Turbine Tool, Reach Under Tool
- **Dyson USA Inc.** – Fluffy Cleaner Head for V6 Cordless Vacuum

Water Based Filtration Vacuums

- **The Rainbow® Cleaning System** – Vacuum Cleaner with Water Filter



Whole Home Air Cleaners

- **Trane Technologies** – Trane CleanEffects™ / American Standard AccuClean™ Whole Home Air Cleaner



Did You Know?

The 2020 Focused Updates to the Asthma Management Guidelines now offer steps you can take to reduce indoor asthma and allergy triggers. The guidelines recommend using several steps (not just one!) to reduce certain triggers in your home.

The Asthma and Allergy Foundation of America (AAFA) joined with Allergy Standards Limited (ASL) to create the **asthma & allergy friendly®** Certification Program. In alignment with the new guidelines, the program helps support a multi-component strategy for indoor spaces. Our healthy home plan can help you reduce asthma and allergy triggers in your home. You can find it at: aafa.org/healthyhome

Improve Your Indoor Air Quality to Improve Your Health



Air quality is a measure of gases and small particles in the air that can be harmful to your lungs. Items in your home release gases and irritants into the air. Allergens, such as dust mites and pet dander, also impact your air quality. Outdoor air pollution, such as traffic exhaust, wildfire smoke, smog, etc., can make its way inside to worsen your indoor air quality.

What Can You Do to Improve Indoor Air Quality?

The best way to improve indoor air quality is to reduce the sources of allergens and irritants in your home. Here are a few tips:

- Establish regular cleaning routines. (You may need to wear a mask.)
- Remove strong scents like candles and harsh cleaners.
- Measure your home's humidity levels and keep below 50%.
- Replace carpets with solid surface flooring, if possible. Otherwise, vacuum weekly.
- Use a CERTIFIED **asthma & allergy friendly**[®] air cleaner and filters.

A healthier home can go a long way toward managing asthma and allergies indoors. For more tips, visit: aafa.org/healthyhome

AAFA Partners With Rady Children's Hospital

AAFA is working with Rady Children's Hospital in San Diego, California. We are helping them grow and expand their severe asthma clinic by providing funding, education support, and building their community network.

The clinic treats children with severe persistent, uncontrolled asthma. A clinical team evaluates each child.

The team works together to ensure these children get complete care and self-management education from each team member.

Children who are seen in the severe asthma clinic can take part in Rady's Community Approach to Severe Asthma (CASA) program. This program connects high-risk children and their families with trained community health workers (CHWs). CHWs help families find and reduce asthma triggers in the home. They also provide free resources and products to help reduce these triggers.



Rabbit Air donated 50 of their **asthma & allergy friendly**[®] CERTIFIED air cleaners to the Rady Children's CASA program. The air cleaners will be given to families who are part of the CASA program to help improve their indoor air quality. Thank you, Rabbit Air!



Asthma and Allergy Foundation of America staff meet with members of the Rady Children's severe asthma clinic team.

Humidity's Role in Asthma and Allergy Management



Humidity is the amount of water vapor in the air. Too much or too little humidity can contribute to asthma, allergies, skin conditions, infections and general discomfort.

When there is a lot of water vapor in the air (high humidity), it feels hot and sticky. Sweat has trouble evaporating. When humidity is low, the air feels dry and cool. Sweat evaporates easily.

The amount of actual water vapor in the air is called relative humidity. It is stated as a percentage. The Environmental Protection Agency (EPA) recommends that indoor humidity be in the range of 30 to 50%. The climate where you live, your home's air ventilation, and your indoor activities all affect your humidity levels. You can test the humidity in the air of your home with a device called a hygrometer.

Controlling humidity inside your home can contribute to better indoor air quality and health.

High humidity causes the air to feel warmer than it actually is. This can cause you to overheat. It also encourages the growth of dust mites and mold. They thrive in high humidity above 50% and can trigger asthma and allergies.

If the relative humidity is too high in your home (above 50%), you can use a dehumidifier to remove moisture from the air. Dehumidifiers pull water from the air and

collect it in a tank. The tank needs to be emptied and cleaned often. Air conditioners also remove water from the air. Even using the bathroom fan or the exhaust fan in the kitchen can help.

Low humidity can cause your skin to dry out, as well as your eyes, nose, and lips. It can result in a dry, sore throat, as well as worsen eczema and asthma.

If the humidity levels in your home are too low (less than 30%), you can add moisture by using a humidifier. Humidifiers produce water vapor or steam to introduce moisture into the indoor environment. But you have to clean them often to prevent mold and bacteria in the machine.

Humidifiers and dehumidifiers both play supporting roles in a healthy indoor air environment. Monitoring and controlling the humidity in your home can help you manage your asthma and allergies.

Using **CERTIFIED asthma & allergy friendly®** products in your home can help you keep indoor humidity at a healthy level. Learn more about the **asthma & allergy friendly®** Certification Program by visiting: aafa.org/certified

VACUUM CERTIFICATIONS

Our goal in the **asthma & allergy friendly**® Certification Program is to create a healthier indoor environment for you and your family, as well as to reduce allergens in the home.

Allergens, such as animal dander, dust mites, and pollen can pile up on carpets and hard flooring. And then they can be kicked up into the air when people walk on the floor or clean the floor. Some people with asthma may need to wear a mask while vacuuming or ask someone else to do the cleaning. A vacuum cleaner that is proven

to remove allergens from flooring can be a useful tool to control allergy triggers in the indoor environment.

But because vacuuming disturbs dust and other particles on the floor, there is the risk that vacuuming will increase the allergen levels in the air. This happens when the seals in the vacuum cleaner are weak or there is poor filtration in the machine.

There are different certifications vacuums can earn. The following table breaks down four certifications and what they assess:

Certification Brand				
	asthma & allergy friendly ®	Good Housekeeping	ECARF	The Carpet and Rug Institute
Types of vacuums considered	Upright, Canister, Water-Based Filtration, Handheld, Cordless, Commercial, Accessories, Replacement Vacuum Bags	Upright, Canister, Water-Based Filtration, Handheld, Cordless	Upright, Cannister, Handheld, Cordless	Upright, Canister, Commercial Backpack, Wide Area, Commercial Rider
Does the vacuum remove test dust from carpets?	✓ Allergens, dust	✓ Dust	✓ Allergens, dust	✓ Dust
Does the vacuum release airborne allergens?	✓ Allergens, dust		✓ Dust	
Does the vacuum leak through the seals, filters, or other components? Does the motor give off emissions?	✓	✓	✓	✓
Does the vacuum lose air power when the dust reservoir fills or the filter begins to clog with dust particles?	✓			
How much airborne allergen is the user exposed to when they change the bag or empty the dust receptacle?	✓			
Does the vacuum remove allergen-containing dust from crevices?	✓			

CONSUMER INSIGHTS: Wants, Needs, and Beliefs

Consumer feedback is important to AAFA and ASL as we grow the **asthma & allergy friendly**® Certification Program.

Research plays a huge role in advancing solutions for managing asthma and allergies.

We conduct an annual survey of two audiences (called “samples”): the general public and AAFA’s

online community, that includes people who live with asthma and allergies, caregivers and health professionals. The information we receive from your participation helps us build a better program. We share the results with manufacturers and retailers to show the importance of providing products and services that help consumers reduce their exposure to asthma and allergy triggers.



Of the 2020 survey respondents:

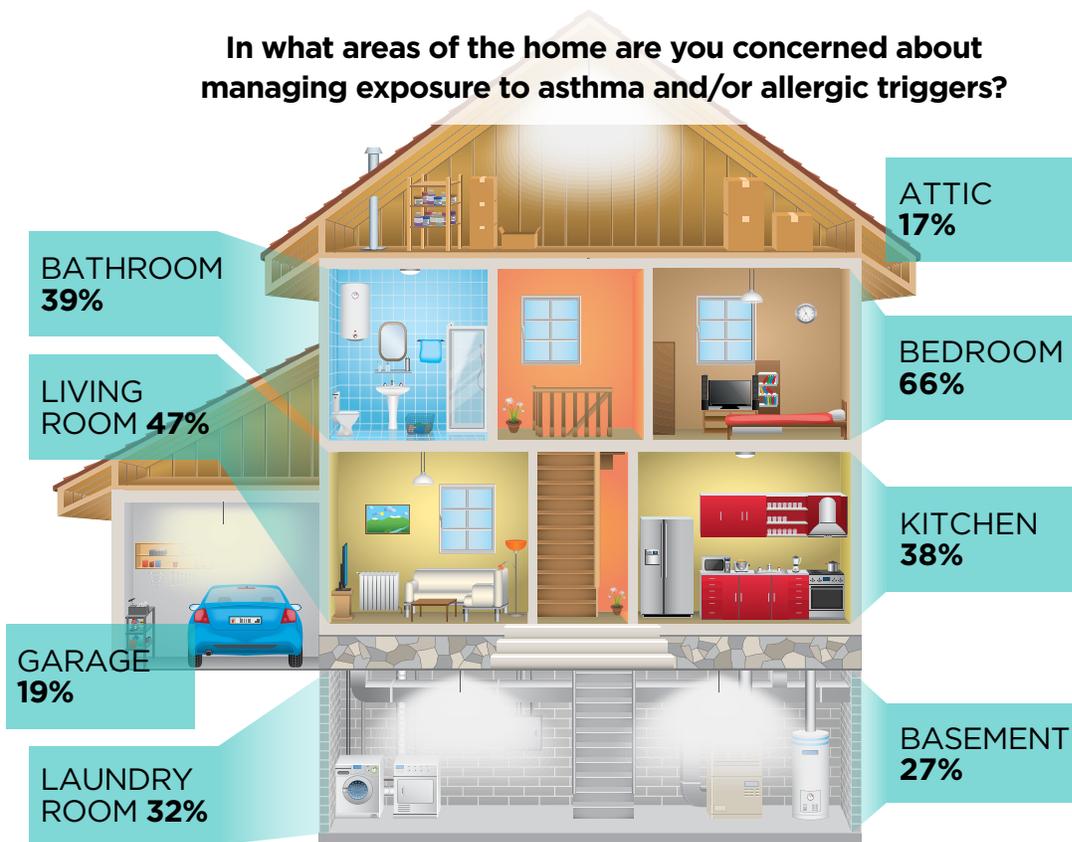
51%
have pollen allergies

36%
have asthma

31%
have dust mite allergies

28%
have mold allergies

In what areas of the home are you concerned about managing exposure to asthma and/or allergic triggers?



	AAFA Community (n=221)	General Public (n=1044)	Total (n=1265)
Agree or strongly agree it is important that the home products/services they buy are safe for their family	90%	60%	66%
More likely to buy a product if it has an independent third-party certification (seal of approval) from a nonprofit organization like the Asthma and Allergy Foundation of America	86%	65%	69%

Source: Consumer Insights Survey, Asthma and Allergy Foundation of America (2020)

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Your Gift Saves Lives

Please help us save the lives of people at risk from asthma and allergies. With your donation, we can continue our critical mission to save lives and reduce the burden of these diseases on people living with them.

Please visit aafa.org/donate to support our life-saving programs. Thank you.



Leave a lasting legacy of support by including AAFA in your will. Email info@aafa.org for more information.



Asthma and Allergy Foundation of America

The Asthma and Allergy Foundation of America (AAFA), a not-for-profit organization founded in 1953, is the leading patient organization for people with asthma and allergies, and the oldest asthma and allergy patient group in the world.

AAFA is dedicated to saving lives and reducing the burden of disease for people with asthma and allergies through support, advocacy, education, and research.



**Need assistance?
Call 1-800-7-ASTHMA
(1-800-727-8462)**

This national toll-free information line is staffed Monday-Friday from 10 a.m. to 3 p.m. ET.

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