HEPA Air Purifiers

There are small particles in the air we breathe. Even more particles are in rugs, bedding, drapes and furniture.

Using a HEPA (High Efficiency Particulate Air) filter in your home can remove most particles in the air (airborne) that may make allergies worse.

It is also important to get rid of the source of allergens and irritants. For example, the only way to keep tobacco smoke out of your home is to not smoke.

How a HEPA Filter Works

A HEPA filter uses a fine mesh to clean the air,

• The filter traps harmful particles such as pet dander, pollen, dust mites, and tobacco smoke.
• The best room for the filter unit is the one where you spend most of your time, like a bedroom or living room.
• HEPA filter air purifiers are small and lightweight. They can stand on the floor or a table.

Some Kinds of HEPA filters

• Germ Guardian HEPA air purifiers. Buy online or at most large stores like Target, Walmart, Lowe’s, Best Buy, Costco and Amazon. 80 to 500 dollars.
• Honeywell HEPA air purifiers. Buy online or at large stores. 100 to 260 dollars.
• Make your own air purifier. Instructions on this website. Supplies cost 40 to 100 dollars. https://www.filtrete.com/3M/en_US/filtrete/home-tips/full-story/-/how-to-make-a-diy-air-purifier/?storyid=e1cfeb36-75fe-4ac9-8727-37e911234ce4

Online Resources

• http://www.webmd.com/allergies/hepa-filters-for-allergies
• https://www.consumerreports.org/cro/air-purifiers/buying-guide
• https://www.consumerreports.org/cro/air-purifiers/buying-guide

This document is only to give information. Talk to your doctor about treatment for you.
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