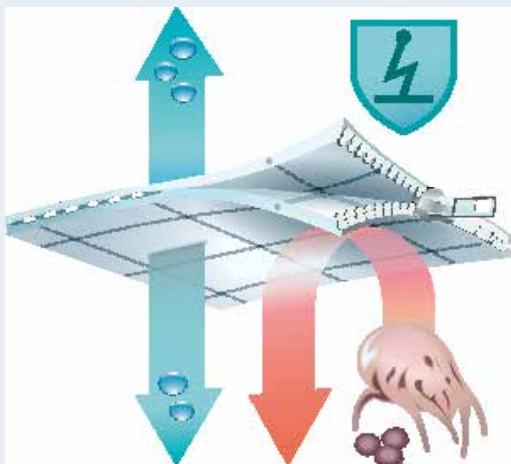


Break the mite cycle...

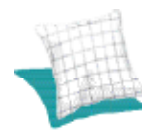


... with **ALLERGOCOVER®**



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- Dust mite allergen-proof complete encasing
- Proven clinical effectiveness
- Densely-woven, uncoated microfibre
- Interwoven carbon fibres prevent electrostatic charge
- Highly permeable to air and water vapour
- High breathability
- Long-lasting even under high levels of stress
- Real dust mite allergen-proof zip
- Washable up to 60°C
- Can be wiped with a damp cloth

**ALLERGOCOVER®**

Gute Nacht. Guten Tag.

12 simple tips that can help with a mite allergy

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1. Allergen-proof covers (encasings)

Cover mattresses, pillows and duvets with densely-woven, allergen-proof covers. This also includes your partner's bed or for children, their siblings' beds as well.

2. Regularly wash your bedding

Regularly wash bedding, pillows and duvets at 60° and air your bed well on a daily basis.

3. Short-pile rugs and carpets

If you want to keep your carpet, make sure that you use short-pile rugs and carpets that are suitable for allergy sufferers and bind the dust.

4. Vacuum cleaner with a HEPA filter

Invest in a vacuum cleaner with a special filter. If possible, have someone else do the vacuuming or use a face mask.

5. Decorative cushions with an encasing

You should also cover decorative or other cushions with an encasing. This ensures that your favourite cushions can stay in the bedroom at all times.

6. Cuddly toys

Wash cuddly toys at least once a month at 60 degrees in the washing machine, or place them in a plastic bag and store them in the freezer for 2-3 days. Then wash them by hand.

7. No plants in the bedroom

Potted plants increase air humidity in which mites flourish. Plants can also collect dust, so it's best not to keep them in your room.

8. No animals in the bedroom

Particles of skin that are shed by your pet can provide additional food for house dust mites. Mites can also become trapped in your pet's fur.

9. Ventilate rooms regularly

Make sure that the air humidity is low – mites can multiply very quickly in a damp environment. Ventilate the room three to four times a day with short bursts of air.

10. No dust traps

Remove all dust traps from your home such as ornate items of furniture and open shelves, and wipe them regularly with a microfibre cloth.

11. Clean radiators

Clean your radiators shortly before using them to ensure that the dust they have collected is not distributed by the thermal energy in the ambient air.

12. Use washable curtains

Always choose washable curtains and wash them regularly at 60 degrees, or alternatively use roller blinds.