



EASY GUIDE

For an
Allergy-Free
Home

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Abstract

Maintaining an allergy-free home in Sydney is essential for a healthier and more comfortable living environment. With pollen, dust mites, and pet dander being common triggers, proper cleaning and air quality management can significantly reduce allergy symptoms. Sydney's humid climate can also lead to mold growth, exacerbating respiratory issues. Using HEPA filters, eco-friendly cleaning products, and regular dusting can help keep allergens at bay. An allergy-free home enhances overall well-being, ensuring better sleep, improved breathing, and fewer allergic reactions. Prioritizing a clean, allergen-free space is key to enjoying a safe and comfortable lifestyle in Sydney.

1. Introduction

Creating an allergy-free home in Sydney is essential for a healthier and more comfortable living environment. Allergens like dust mites, pet dander, pollen, and mold can trigger allergies, causing sneezing, congestion, and respiratory issues. Sydney's climate can contribute to higher pollen levels and humidity, making allergen control even more important. By adopting simple yet effective cleaning habits, such as vacuuming with a HEPA filter, decluttering, washing bedding frequently, and using eco-friendly cleaning products, you can maintain a fresh and allergen-free space. This easy guide provides practical tips to minimize allergens and improve indoor air quality in Sydney homes.

2. Worst Flowers for People with Allergies

Becoming aware of the worst flowers for allergies may help you avoid them. The pollen on these flowers can trigger irritating allergy symptoms. Fortunately, not all flowers trigger allergies, and the more showy, hybridized plants have lower levels of problematic pollen, but enough to attract bees and other pollinators.

Read on for 12 common garden plants you should stay away from if you have pollen allergies.

Pollen-Producing Plants

The plants that tend to be the worst for allergy sufferers are often part of the Asteraceae family. These flowers have light, dusty pollen easily transported by the wind.¹ Wind-pollinated plants are generally more likely to cause allergy symptoms than those primarily pollinated by bees and other insects.²

Wind and Water Pollination. Sydney. Forest Service.

Asters

At the top of the list of allergen-heavy plants would be ones in the Aster family, including many species from the Aster genus. Asters can be everywhere during the warmer months and can even find their way into homes as container plants. Even though most asters are not wind-pollinated, many people with allergies are sensitive to pollen.

Name: Aster spp.

USDA Hardiness Zones: 3–10; depends on species

Color Varieties: Nearly any color

Sun Exposure: Wide range

Mature Size: 1–6 ft. tall, 1–4 ft. wide



Baby's Breath

Baby's breath (*Gypsophila* spp.) is popular in cottage gardens and many florist bouquets. Although the flowers are small, they can pack a big pollen punch. It may seem counter-intuitive, but the double-flowered baby's breath is a better choice than the single-flowered type. The double flowers are hybrids that have a low level of pollen. It also helps that all those petals prevent the pollen from flying off.

Name: *Gypsophila* spp

USDA Hardiness Zones: 3–9

Color Varieties: White, pink

Sun Exposure: Full sun

Mature Size: 2–3 ft. tall and wide

Dahlias

Dahlia (*Dahlia* spp.) flowers are showy enough to attract many insect pollinators, but as members of the Aster family, dahlias pack a lot of pollen. However, some dahlia hybrids classified as "formal doubles" have virtually no pollen. These fluffy flowers have lots of petals and stamens that have evolved into pollen-less staminodes.

Name: *Dahlia* spp.

USDA Hardiness Zones: 7–11; often grown as an annual

Color Varieties: Red, pink, orange, yellow, white, purple

Sun Exposure: Full sun

Mature Size: 1-6 ft. tall, 1-3 ft. wide

Daisies

Daisies may look pristine and tame but they are also in the Aster family and are distant cousins to ragweed (*Ambrosia artemisiifolia*).³ Many types of this flower, including innocent Shasta daisies (*Leucanthemum × superbum*), are high pollen producers. Bees, not wind mostly transfer the pollen.

Name: *Leucanthemum* spp.

USDA Hardiness Zones: 5–9

Color Varieties: White

Sun Exposure: Full sun

Mature Size: 9 in.-3 ft. tall, 1-2 ft. wide

Continue to 5 of 12 below

Gerber Daisies

One of the flashiest members of the Aster family is the Gerber daisy (*Gerbera jamesonii*). For all its bling and beauty, it also contains high levels of pollen.

Name: *Gerbera jamesonii*)

USDA Hardiness Zones: 8–11; usually grown as annuals

Color Varieties: Yellow, pink, orange, red

Sun Exposure: Full sun to partial shade

Mature Size: 10–18 in. tall, 9–12 in. wide

Chamomile

Another Aster family member, chamomile (*Matricaria recutita*, *Chamaemelum nobile*) can cause double trouble. The plants are producers of pollen, and the flowers are used to make tea, which can still harbor some irritants even after brewing.

Chamaemelum nobile is known as chamomile; *Matricaria recutita* is known as German chamomile; both are problems for allergy sufferers.

Name: *Matricaria recutita*, *Chamaemelum nobile*)

USDA Hardiness Zones: 2–9; depends on species

Color Varieties: White with yellow centers

Sun Exposure: Full sun to partial shade

Mature Size: 8–24 in. tall, 8–12 in. wide



Chrysanthemums

The Aster family resemblance is strong in chrysanthemums (*Chrysanthemum* spp.), as is the allergy-inducing pollen. Mums help stretch the allergy season well into the fall. Chrysanthemums are hardy plants that come in a huge range of colors and sizes. They're also popular as container plants and are therefore often part of the indoor environment as well.

Name: *Chrysanthemum* spp.

USDA Hardiness Zones: 3–9

Color Varieties: Gold, white, off-white, yellow, bronze (rust), red, burgundy, pink, lavender, purple

Sun Exposure: Full sun

Mature Size: 4-36 in. tall and 12-36 in. wide (size varies depending on the variety)

Ragweed

Also in the Aster family, ragweed (*Ambrosia artemisiifolia*) is not considered a garden flower, though it is sometimes planted by gardeners who appreciate its ability to feed bees. It is often confused with goldenrod (*Solidago*), which is a lovely garden plant that has gotten a bum rap. Goldenrod is not wind-pollinated and does not irritate allergies. However, the wind does pollinate ragweed's weedy, inconspicuous flowers. Ragweed tends to grow alongside roads and in vacant lots.

Name: *Ambrosia artemisiifolia*

USDA Hardiness Zones: 3–10

Color Varieties: Yellow, turning to brown

Sun Exposure: Full sun to partial shade

Mature Size: Up to 6-15 ft. tall

Continue to 9 of 12 below

Sunflowers

The sheer size of a sunflower's (*Helianthus annuus*) center disk is an indicator of the copious amounts of pollen that it can produce. Making matters worse, this pollen is dispersed by the wind. Because sunflowers are not fragrant, they often get overlooked as allergy plants. Some pollen-free sunflower varieties, like 'Apricot Twist' and 'Joker', are listed as hypoallergenic because their pollen is too heavy to be wind-borne.

Name: *Helianthus annuus*

USDA Hardiness Zones: 4–11

Color Varieties: Yellow, red, mahogany, bicolor

Sun Exposure: Full sun

Mature Size: 3–10 ft. tall, 1.5–3 ft. wide

Amaranth

The *Amaranthus* genus contains dozens of species, many of which are grown as ornamental or culinary plants. However, allergy sufferers are likely to think of all of them as pigweed, the common name assigned to weedy annual varieties. Amaranths are wind-pollinated plants and produce masses of ultra-fine pollen particles that drift on the faintest breeze.

Name: *Amaranthus* spp.

USDA Hardiness Zones: 2–11 (depends on species)

Color Varieties: Red, burgundy, pink, orange, green

Sun Exposure: Full sun to partial shade

Mature Size: 2–4 ft. tall, 1-2 ft. wide

Ornamental Grasses

Ornamental grass species favored by gardeners are found in many genera. Like lawn turf grasses, nearly all ornamental grasses are pollinated by the wind and will cause problems for allergy sufferers.

Name: Various

USDA Hardiness Zones: 2–11 (depends on species)

Color Varieties: Depends on the species

Sun Exposure: Full sun to partial shade

Mature Size: Depends on type



English Lavender

Many people have allergic reactions to both the pollen of English lavender (*Lavendula angustifolia*) and to its scent. These fragrant blossoms bloom in clusters of small flowers which are often especially likely to cause nasal allergies since they are wind pollinators.

Name: *Lavendula angustifolia*

USDA Hardiness Zones: 5–8

Color Varieties: Blue, purple

Sun Exposure: Full sun

Mature Size: 1-2 ft. tall, 2-3 ft. wide

Other Trees, Shrubs, Grasses, and Weeds That Trigger Allergies

In addition to flowers, here are a few more common trees, shrubs, grasses, and weeds that worsen allergies:

Pigweed (*Amaranthus* spp.)

Birch (*Betula*)

Mulberry (*Morus* spp.)

Russian thistle (*Salsola tragus*)

Juniper (*Juniperus communis*)

Sagebrush (*Artemisia tridentata*)

Oak (*Quercus*)

Ryegrass (*Lolium perenne*)

Alder (*Alnus* spp.)

3. Indoor Plants That Can Soothe Allergies

These plants might just help you breathe easier.

We all know that indoor plants are pretty much the best investment of money you'll ever make.

Not only can they make a space feel bright, fresh and stylish, but there are heaps of benefits to filling your home with indoor plants, too. While some indoor plants can purify the air, others – such as aloe vera – can even soothe sunburn or insect bites. Better yet, indoor plants can be good for your wellbeing, improve your mood and your creativity.

We've also found four plants that may help soothe your allergies.

Dracaena

Dracaena is thought to have the ability to absorb allergens from that air and trap them in its leaves. It does grow to be large, so be sure to prune it regularly and keep it in a bright spot with moderate sun.

Bamboo Palm

Bamboo palm is believed to have the ability to improve air quality in your home, filter out carbon monoxide, formaldehyde, xylene and even carbon, which are all pollutants that can make allergy symptoms worse. Water it regularly and pop it in a sunny spot.

Gerbera Daisies

As long as you aren't allergic to pollen, this brightly-coloured plant can filter out benzene, a chemical found in pesticides, paints, dye and tobacco smoke. This plant will need direct sunlight and it'll look delightful in your home.

English Ivy

A small study has found that English ivy can reduce the amount of mould spores in the air, which is great for those who suffer from mould allergies.

4. How to Get Rid of Dust Mites for an Allergen-Free Home

Where do these unwanted pests come from? Learn quick and easy ways to get rid of dust mites in your home.

Dust mites are unwelcome guests for anyone, but they are particularly brutal for people with allergies. Fortunately, there are plenty of tips for how to get rid of dust mites. A few household changes and sticking to a cleaning schedule can help you get a handle on the problem right away. And if you're prone to sneezing, here are the best cleaning products for people with allergies.



Taking simple steps to help eliminate these pesky creatures can drastically improve your allergy symptoms. “While dust mites themselves are not harmful to most people, their feces can trigger allergic reactions in those who suffer from allergies and asthma,” says Martin Seeley, CEO and sleep expert at MattressNextDay. “This includes respiratory problems and skin irritation, and in a worst-case scenario, they can even compromise a person’s immune system.”

Learning how to get rid of dust itself or how to clean carpet spills requires some expert know-how too. We gathered the best advice on how to get rid of dust mites. And if you want a cleaner and healthier home overall, add these professional suggestions to your spring cleaning list so you won’t make any more cleaning mistakes while you’re ridding your home of dust mites.

What are dust mites?

Invisible to the naked eye, dust mites are microscopic creatures that thrive in warm and humid environments. According to Lauren Doss, owner of Nashville Maids, “dust mites appear in many homes, especially where there is high humidity and lots of dust.” In other words, basically everyone has at least some dust mites in their home—particularly since dust mites consume dust and dead skin flakes (shed by people and their pets).

What do dust mites look like?

You can’t see dust mites without a microscope. But if you could see them (or conveniently have a microscope on hand), they are oval and have eight legs. “They are translucent and have a white or cream color, which also makes them difficult to see against a light background,” Seeley points out.

Where do dust mites come from?

Dust mites get into the house in a variety of ways. “This includes through ventilation systems, on clothes or furniture, or even on pets,” Doss says. “They thrive in warm and humid environments, so it is important to keep your home dry and dust-free to reduce their presence.”

How do I know if I have dust mites?

One sign of dust mites could simply be your body’s reaction to them in the form of allergy symptoms. “Symptoms that readers should look out for include sneezing, coughing, runny nose, itchy and watery eyes and difficulty breathing,” says Doss. “Dust mites are allergens because they produce proteins in

their droppings and bodies, which can cause an allergic reaction when inhaled.” As you begin to react to these allergens, your body releases histamine, a chemical that leads to allergic symptoms such as itching and sneezing.

However, another sign of dust mites is the presence of dust itself. “Visible signs of dust mite infestation include dust buildup on surfaces, particularly in areas where people spend a lot of time, such as beds and sofas,” says Zak Fleming, owner of Express Handyman. Hence, it’s important to make sure you know how to clean a mattress or how to clean a couch.

How to get rid of dust mites?

Despite their size, dust mites can inhabit nearly every surface where people tend to spend a lot of time. Beds and mattresses—plus carpets and upholstered furniture—are just some of the usual suspects hosting dust mites. Here’s what to do about it.

Vacuum regularly

Many people might not know that dust mites come into the home on clothing or shoes. So vacuuming the floors where dust mites can congregate is a great place to start. “Vacuum carpets and upholstered furniture at least once a week,” says Fleming. This will prevent the buildup of both dust and dust mites inside your home. “But be sure to use a vacuum with a HEPA filter,” he adds.

HEPA stands for “high-efficiency particulate air,” and a vacuum with a HEPA filter can trap many very small particles better than other vacuums. “You should also remember to vacuum under your bed, as this is another dust-mite hotspot,” says Seeley. If you’re in the market for a new floor sweeper, try one of these dependable vacuum cleaners.

Wash your bedding

Dust mites consume dust, much of which contains human skin. So what better place for the dust mites to hang out than between the sheets? Fleming suggests washing bed sheets in hot water at 130 degrees once a week to ensure you’ve removed all dust mites from the bed’s surface. To be extra careful, also dry your bedding on high heat (always check your sheets special care instructions). All this extra heat will kill the dust mites. While you’re at it, consider cleaning other cloth you regularly come into contact with, like bath towels.

Reduce humidity

Because dust mites thrive in high humidity, make your home a less tempting environment for them by decreasing your humidity levels. Doss recommends keeping it between 35% and 50%. Chris Matthias, founder of House Adorable, recommends using a dehumidifier, as this device will remove moisture from the air. “It is nearly impossible to completely eliminate dust mites, as they are a natural part of our environment,” he says.

Protect mattresses and pillows

“Using dust mite covers on mattresses and pillows creates a barrier between the dust mites and the person sleeping on the bed, reducing allergen exposure,” says Fleming. Keeping a barrier between skin and potential dust mites will help keep those with allergies unaffected by the dust mites. Opt for hypoallergenic covers or a mattress protector.



Reconsider your carpeting

Instead, choose hardwood or tile floors. While “vacuuming helps to remove dust mites from carpets,” Doss says harder floors are better. With all their porous surfaces, carpets can house dust mites quite easily. “So avoid carpets and rugs if possible,” she says. Not to mention, it can be much easier to clean hardwood floors.

Get rid of clutter

Since dust accumulates in even the oddest of crevices, it’s wise to reduce dust-collecting clutter. “Limit the amount of clutter and dust collectors in your home, such as books, magazines and stuffed animals,” says Doss. And once you’ve gotten rid of the extra stuff, make sure to clean all those nooks and crannies you’ve uncovered.

Lower room temperatures

While not always ideal for people who tend to feel cold, retaining a cool temperature—less than 68 degrees—in your home will keep dust mites from multiplying. Keeping the environment unwelcome helps keep their numbers low enough that they can’t spread, says Matthias.

5. How To Make Your Home Allergy-Free And Eco-Friendly

If it feels like it's the worst allergy season yet, it's because it is. A recent study in the journal *Lancet Planetary Health* found that both airborne pollen counts and pollen season duration have increased as temperatures have climbed over the past 20 years. While controlling the atmosphere is impossible, there are many efforts we can make to live in a home that is less triggering of allergies and easier on our respiratory systems.

According to Dr. Lakiea Wright, who is a board-certified allergist with Brigham and Women’s Hospital and medical director at Thermo Fisher Scientific, there are three big peaks in pollen production throughout the year. “Trees like oak, ash, birch, and maple see pollen spikes in the spring. Pollen from

timothy grass, bluegrass, and orchard grass peaks over the summer, and ragweed pollen surges in the fall. Many people are sensitive to multiple types of pollen and if the seasons are getting longer, there will be less relief for allergy sufferers as these seasons begin to overlap.”

If you're feeling the symptoms of seasonal allergies, Dr. Wright suggests making an appointment with a healthcare provider to get an allergy test before doing anything else. “Every spring millions of people seek allergy relief through over-the-counter drugs without really knowing their diagnosis,” she says. “But we’ve seen firsthand how life-changing it can be when you finally know what’s causing those problems with breathing, itching, rashes, or congestion. Once you have that information, and you know that dust, pollen or something else is causing the problem, you can employ strategies to avoid it.”

Buy An Air Purifier

Buying a state-of-the-art air purifier like the Molekule requires the least amount of effort and is worth the investment in your health. Recommended by expert biohacker, Luke Storey, this appliance is truly “form meets function.” It's the first air purifier to use Photo Electro-Chemical Oxidation (PECO) technology to destroy allergens on a microscopic level. Another bonus is that the aesthetic design of it is just as brilliant as the technology behind it. The Molekule is also portable, made from aluminum and unobtrusively fits into any interior design scheme.

Honeywell also has a good selection of air purifiers with HEPA filters for rooms of various sizes from extra large to desktop (perfect for the office). All are capable of removing 99.97% of microscopic allergens in the air. They are available in a range of prices with a variety of features including Bluetooth.

Edit Your Home

The first step to having a less toxic home is to get rid of clutter, furniture and decor that attracts dust. This doesn't mean you need to have an entirely empty space, but consider removing any excessive items during peak allergy seasons. If you don't want to throw things out or give away items, consider switching up your accessories seasonally and refresh periodically.

Get Real About Chemicals

Erica Reiner of Eco Method Interiors specializes in designing health and eco-friendly homes and businesses. Her approach is to avoid products with chemicals as much as possible. “Unfortunately our country doesn't have protective laws banning chemicals that are harmful to us through everyday products and the home goods industry is no different.”

It's unrealistic for most people to steer clear of absolutely everything that could potentially be harmful. So, she generally recommends avoiding anything with AZO dyes, softeners or fire retardants, PVC, phthalates, and VOCs. But to simplify, a good rule of thumb is to avoid home furnishings made with synthetic materials and choose items that are certified by third parties as non-harmful.

“Look for things made with natural fibers that are grown and not made, see if they're made responsibly and have a certification as such, see if they are free from AZO dyes and have low impact dyes instead,” she says.

Choose Less Toxic Furniture

Safe furniture is easier to find than you might believe. Pottery Barn's Comfort Eco Roll Arm Slip Covered Sofa is Greenguard Gold Certified. Six different covers and several customizable styles are available.

This is a soft, comfortable piece of furniture that will look beautiful in contemporary or traditional homes.



Another option is Cisco Brothers. They have an entire line that is better for both people and the environment with everything from sofas to chairs, ottomans and even beds.

Switch Out Your Window Treatments

If you are allergic to dust, avoid fabric curtains because they are dust collectors. Reiner also suggests avoiding faux wood and PVC blinds. Swap them out for bamboo or wood window treatments instead. The Shade Store has many sophisticated, eco-friendly options and they will even measure your space at no cost.

Get Rid Of Carpeting

If you're building a new home or renovating, allergy sufferers should avoid carpeting. Reiner says cork flooring is the best for allergy sufferers because it's both naturally antimicrobial and fire retardant.

But if you must install carpeting, she says, "100% wool is a great option." Choosing carpet squares instead of traditional wall-to-wall carpeting. "With tiles, you can just replace one small area as it wears over the long term."

Area rugs, while attractive, can attract dirt and dust. So choosing natural ones made with non-toxic dyes like the washable line from Lorena Canals is ideal. There are cute styles for children as well as more contemporary designs for every room in the home.

Buy A Good Vacuum Cleaner

A good vacuum cleaner is a necessity no matter what kind of flooring or furniture you have. The new Dyson V11 is a must-have for any home, but it's particularly essential for renters or homeowners who may be stuck with carpeting. This stick model has twice the suction of any cordless vacuum for a truly deep clean, capturing over 99% of microscopic dust particles. It even automatically adjusts for all type of flooring, so the settings don't need to be changed as you clean. There are even a variety of tools to clean every surface from upholstery to crevices, for dusting, etc.

Prevent Mold Before It Starts

Mold can happen at any time of the year. Both Dr. Wright and Reiner suggest using a dehumidifier in low ventilation areas of the home like basements.

Bathrooms without windows or adequate ventilation can be breeding grounds for mold and mildew, especially on towels. A heated towel rack like Amba's Radiant Wall Mount Electric Towel Warmer doesn't only inhibit the growth of mold and mildew on towels, but it makes a very sleek addition to any bathroom.

Change Your Bedding

Look for Oeko-Tex certified bedding, which is certified free of dyes and synthetic chemicals such as My Sheets Rock. This is a new brand of sheets made from 100% bamboo rayon. This fabric wicks away moisture and minimizes odors. It also maintains an average lower temperature (four degrees cooler) and with 50% less humidity than most sheets. So they are ideal for people who get sweaty at night. Even better, they feel soft as silk.

Luxury French brand Yves Delorme has a line of anti-allergy comforters and pillows made with a machine-washable alternative to down. So you can avoid dry cleaning chemicals and the high cost of professional cleaning.

Cover Your Pillows, Mattresses And Box Springs

Using anti-allergy covers for your pillows, mattresses and box springs is an easy fix. It also extends the life of your linens. Make sure both the mattress cover and pillow covers have zippered closures for complete protection.

Avoid Irritants In Your Laundry Detergent

Dr. Wright recommends washing your sheets in hot water, "130 degrees and up is best to kill dust mites" she says.

It's also ideal to avoid heavily perfumed and chemically formulated detergent. Brooke & Nora At Home is a new line of goat milk based laundry products. The powdered formula dissolves easily and is free of harsh chemicals. The line even has dryer balls, which are a great alternative to synthetic dryer sheets as well as essential oils and a stain stick.

Use Safer Paint

A freshly painted wall looks great but isn't exactly easy on the respiratory system. So choosing a paint like EasyCare by True Value is a better choice. This low odor and low VOC paint is certified by the Asthma and Allergy Foundation of Sydney. It is available in several finishes and a full range of colors.

6. Expert Cleaning Tips For Allergy Sufferers

A living space laden with dust mites, pet dander, and other allergens can feel oppressive. Triggering symptoms like sneezing, a runny nose, and irritated eyes might worsen in people with allergies or a pre-existing asthma condition. Recurring symptoms can lead to breathing difficulty and tightness in the chest. Even the act of cleaning, especially dusting surfaces, can trigger prolonged syndrome.

They might feel uncomfortable when they come in contact with store-bought cleaners that often contain ammonia, bleach, and other VOCs. These produce toxic fumes, leading to coughing, sneezing,

and skin allergies. If you want to maintain a healthy, hygienic, and breathable home environment, consider the following expert cleaning tips designed for allergy sufferers.



This guide will help you create a harmonious sanctuary without side effects or triggering issues.

1. Understand Your Specific Allergy Triggers and Prep Accordingly

Instead of getting into the cleaning process, understand your potential shortcomings related to allergy triggers. Most people with asthma and allergy symptoms face inflammation when they try to banish dust mites, loose dirt particles, pollen, smoke and mould. Room fresheners and store-bought cleaners could lead to breathing issues. Knowing underlying issues can help you take precautionary steps when cleaning your home.

If you are too sensitive to dust and allergies, call the experts for a cheap end of lease cleaning Sydney. They'll clean your property meticulously, leaving no signs of dust and specks behind.

2. Prefer Microfiber Cloth Over a Feather Duster

Dusting is crucial for maintaining a breathable and shiny home. However, removing dust can further trigger allergies. So, it is good to learn the art of dusting and use right tools and techniques. Instead of using a feather duster that can spread dust into the air, use a damp microfiber cloth.

It effectively traps dust specks, pollen, pet dander, and other allergens from almost all surfaces, including shelves, walls, tabletops, etc. Plus, microfiber cloths are super-affordable and environmentally friendly, saving you time and the entire planet.

3. Get Rid of Clutter

Do not forget to minimise unwanted clutter in your home. This can prevent the buildup of loose dirt, debris, pet dander and allergens. So, remove items you no longer need and put other items in

designated places to keep your house neat and organised. Also, store belongings in closed containers. Ensure you empty the room before the arrival of end of lease cleaners Sydney. It can save their time and energy while reducing unnecessary distractions during the cleaning process.

4. Dust with HEPA-Filtered Vacuum Cleaner

There is no denying that carpets, rugs, couches and mattresses tend to accumulate dust specks and mites. These are one of the major causes of allergy and asthma triggers. Instead of brushing the fabric, use a vacuum cleaner. Invest in a HEPA-filtered machine that can trap 99.9 per cent of dust and pollen, promoting clean and breathable air. Regularly vacuum your carpets, rugs, upholstered furniture, curtains and mattress for best results.

5. Wash Your Bedding

People with allergy symptoms are prone to dust mites that feed on dead skin cells. To stay healthy and ensure quality sleep, wash your bed linens in hot water (at least 130 F) to kill dust mites. Make regular cleaning schedule and wash bed sheets, pillowcases, and quilts once a week. You can also use allergen-proof covers on pillows to keep allergens at bay.

6. Use Eco-Friendly Cleaning Products

Whether it's tackling stubborn carpet stains, grease, or limescale, store-bought cleaners are not a go-to option for people with allergy symptoms. These products often contain ammonia, bleach, formaldehyde, synthetic fragrances, and other VOCs that can worsen asthma and allergies.

So, include eco-friendly products in your household cleaning caddy. Prepare DIY solvents using the following ingredients:

White Vinegar: It is a safe alternative for cleaning as it is eco-friendly and free from harsh chemicals. Mix it with warm water to eliminate dirt, grime, grease, carpet stains and gunk from surfaces without triggering allergies.

Baking Soda: It is a gentle cleaning product that effectively scrubs, deodorises, and disinfects surfaces naturally. Use it as a paste or powder for sparkling results.

Hydrogen Peroxide: It is one of the best cleaning agents. It can remove mould, mildew, and grime from almost all surfaces without causing allergies. Use 3 per cent peroxide on a mould for effective results.

Lemon: It is a natural deodoriser and disinfectant that can also cut through grease.

Castile Soap: It is a plant-based, eco-friendly and safe cleaning product to tackle dirt and grime.

Essential Oils: Due to their natural antibacterial properties and non-toxic formulation, essential oils are great for household purposes. It can benefit allergy sufferers and people with sensitivities.

7. Clean the Air Filters

Believe it or not! Filtering the air that circulates in your abode is an ideal way to eliminate airborne allergens. Clean your air filters on a regular basis using a vacuum machine. You can also soak it in hot, soapy water to dislodge grime and gunk.

Professional end of lease cleaning Sydney experts also recommend replacing air filters every 3-6 months to ensure healthy indoor air.



8. Prevent Pest Infestation

Cockroaches and other pests are unwanted guests that can lurk in your kitchen, bathrooms, and basements. Their droppings can trigger your allergy and make the situation worse. So, ensure you clean the garbage disposal, trash can, drains, and other areas regularly. You can pour baking soda and vinegar down the drain to keep it clean and disinfected.

If pests are creating serious problems, hire a professional pest control service in Sydney and create a healthy home, especially for people with allergies and asthma symptoms.

Cleaning a home for allergy sufferers can be a real challenge. However, proper safety protocols, the right product choices, and a face mask can resolve all your worries. This guide will help you maintain a clean and breathable home to reduce allergy and asthma symptoms in all seasons.

7. Conclusion

Maintaining an allergy-free home in Sydney is essential for a healthier and more comfortable lifestyle. With the city's humid climate and seasonal pollen, taking proactive steps to reduce allergens can significantly improve indoor air quality. Regular cleaning, decluttering, and using HEPA filters can help keep dust mites, pet dander, and mold at bay. Choosing eco-friendly cleaning products also minimizes exposure to harsh chemicals that can trigger allergies. By following these simple steps, you can create a safe, fresh, and allergen-free living space, ensuring better health and well-being for you and your family in Sydney.

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