



# ALLERGY

## SELF HELP GUIDE

A GUIDE TO HELP YOU AVOID ALLERGEN TRIGGERS

Allergen avoidance or environmental control is the reduction or even elimination of exposure to the triggers of Allergies. Our focus for the last 25 years has been Allergen Avoidance. We have worked closely with leading specialists to help develop clinically proven measures to reduce Allergic symptoms. By following our simple guidelines you will significantly reduce your exposure to substances causing your allergy and help improve your health.

### ENVIRONMENTAL CONTROL

A substance that causes an allergic reaction is called an allergen. Allergic reactions to respiratory (airborne) allergens such as house dust mite, pollen, animal dander and mould spores now effects over 10 million people in the UK today. Although allergies are common, they are treatable and symptoms can be controlled. In the UK, doctors recommend one or two of the following treatments:



#### 1. Medication

Pharmaceuticals can block or give relief from the symptoms of allergy. They are an essential part of your treatment when symptoms persist. However they cannot eliminate the allergen which is triggering the symptoms.

#### 2. Allergen Avoidance

Decreasing or even eliminating exposure to the allergen causing symptoms, is a priority. The greater the reduction in exposure to the allergen the more comfortable you will be.

Before undertaking measures to avoid allergen exposure, patients should have the problem specifically diagnosed by their doctor. This will ensure that the measure taken will lead to a significant benefit. Our guide concentrates on allergen avoidance. The key

factor is the, lower the exposure to the allergen causing the symptoms, the better you will feel.

The first step in allergen avoidance is to identify the offending allergen(s) with an accurate diagnosis. With this information you can start to reduce your exposure to the allergen(s) as much as possible. This is particularly important in the indoor environment where you spend most of your life. Successful allergen avoidance could— with your doctor's approval - help optimise your pharmaceutical treatment.

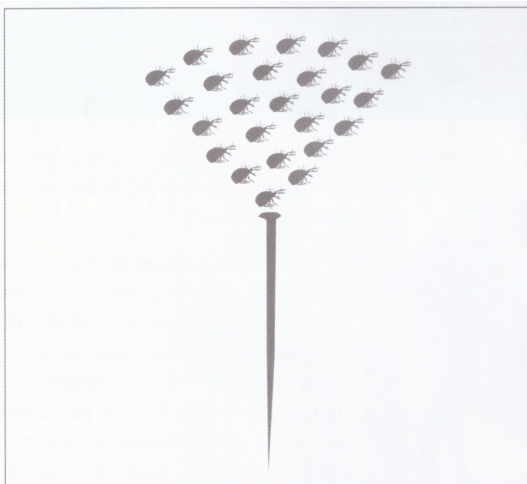
For some allergy sufferers there is more than one allergen causing symptoms. Exposure to one or more of these allergens (known as the "Total Allergen Load") will only lead to symptoms when your threshold has been exceeded, whether by one or more allergens. Therefore, the aim of allergen avoidance is to keep exposure below this threshold. Effective allergen avoidance does not always require zero exposure, it is reliant on decreasing exposure to allergens in your environment below your allergic threshold.

The following pages give details on how you can lower your exposure to some common allergens: house dust mite, animal dander and mould spores.

# HOUSE DUST MITE ALLERGY

## WHAT IS DUST ALLERGY?

Although there are many components in house dust to which people may be allergic, the most important is the dust mite. Waste product particles produced by the mite and fragments of dead mites are the main substances in house dust to which allergic people



*Approximately 25 mites can fit on a single pin head - your mattress could contain over a million mites*

## WHAT ARE HOUSE DUST MITES?

The dust mite is a microscopic creature, related to spiders and ticks that live primarily in mattresses, pillows, duvets, carpets and soft furnishings. Mites do not live on people, but they live near them, feeding off shed skin scales.

As well as needing our skin to survive, mites also require humidity of at least 50%, warmth and darkness as they are sensitive to UV light.

The greatest source of mites in the house is the bedroom, particularly the mattress, which provides the best conditions of warmth, humidity, darkness and food for their growth. A mattress can contain over a million dust mites. Each female lays, up to 60 eggs in

In her lifetime, with a new generation produced every three weeks. During the lifetime of a mite, about 80 days, it produces one thousand allergy causing waste particles. It is easy to see why mattresses contain large numbers of living and dead mites.

Live mites are too large to be inhaled, rather it is the smaller waste particles and fragments of dead mites. These smaller particles are easily disturbed and readily become airborne and are inhaled, causing allergy symptoms. So walking on a carpet, making a bed or disturbing other soft materials where mites live can lead to allergy symptoms, such as shortness of breath, runny nose, sore watery eyes, sneezing, sore itchy skin.

## HOUSE DUST MITE AVOIDANCE

As the concentration of dust mites is highest in the bedroom, this is where most emphasis on avoidance should be.

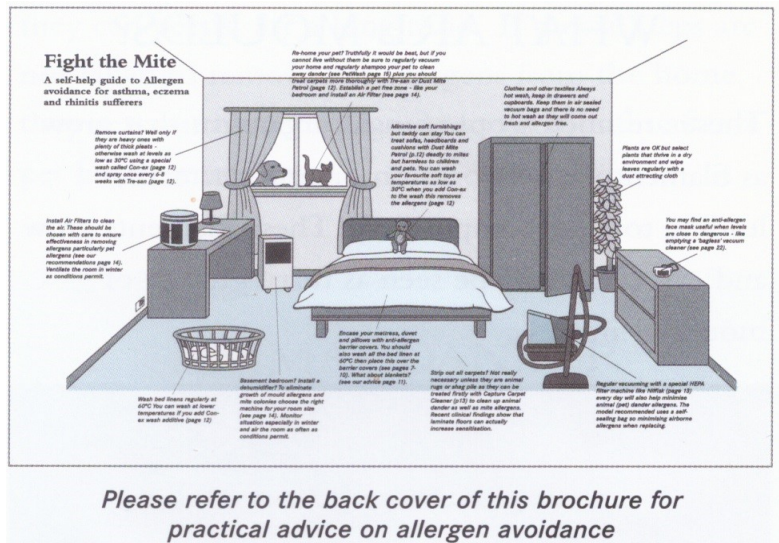
There are five **key principles** to avoiding dust mites:

- **Wipe** it, if it is a hard surface
- **Wash** it, if it is a hot washable fabric
- **Encase** it. If you can not wipe or wash it
- **Remove** it, if you can not wipe it, wash it or encase it
- **Dehumidify** it, if the indoor air is not dry

## START WITH THE BEDROOM

Studies have shown that the most, important rooms to deal with are bedrooms, where most time is spent and where dust levels are highest.

1. **encase mattresses, duvets and pillows in allergen proof covers** to prevent mite allergens escaping. Or replace duvets and pillows with ones already having an allergen proof outer fabric
2. for bunk beds encase both mattresses.
3. **avoid using feather pillow and duvets** as they are difficult wash. Man made fibre pillows and duvets can be washed at 60°C.
4. **only use washable blankets and wash all bedding in hot water at least every two weeks.** This kills any mites and washes out all mite allergens.  
Alternatively obtain duvets and pillows that come with a dust proof barrier cover already incorporated, which can never be colonized by mites, reducing the need for washing frequently.
5. **remove carpets where possible and use anti house dust mite treatment on any that remain and use a vacuum cleaner with a HEPA filter.** A wipeable floor is best with washable rugs when required as long as they are washed every two weeks.
6. **remove soft toys, cushions and soft furnishings.** Washable toys may be kept in small numbers as long as they are regularly washed. All clothes should be kept in cupboards, drawers or sealed bags.
7. do not use heavy curtains or Venetian blinds unless they are regularly washed or wiped.  
**Wipeable blinds are better.**
8. do not shampoo carpets as residual moisture will increase mite growth, **use a dry cleaning product to remove dust mite allergens.**
9. **keep animals out of the bedroom.**



## OTHER ROOMS

10. use an efficient, powerful HEPA vacuum cleaner regularly
11. keep carpets, soft furnishings and soft toys to a minimum and use an anti house dust mite treatment on what has to stay.
12. avoid heavy curtains and Venetian blinds. Wipeable blinds are better.
13. keep clothes and other fabrics in cupboards, drawers or sealed bags.
14. use a damp or dust attracting cloth when cleaning
15. use wooden or plastic furniture wherever possible.
16. wear a dust mask when making the bed, cleaning or dusting or emptying a bagless vacuum cleaner.
17. **keep humidity below 50% to prevent dust mites growing completely.** Any decrease in humidity will suppress dust mite activity and allergen production.

*“The spores release by moulds and the faecal pellets of house dust mites are the most common domestic allergens.*

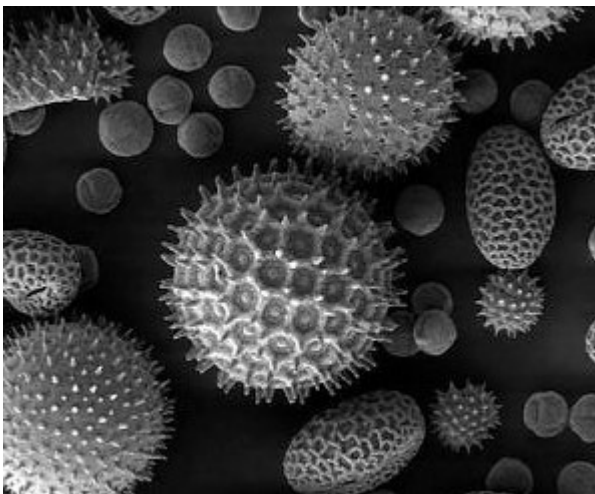


# POLLEN ALLERGY & AVOIDANCE

## WHAT ARE POLLENS?

Pollen is a fine powder made up of microspores produced by male plants. Pollen carries the male reproductive cells of seed plants. Seed plants include both conifers (plants whose seeds grow inside cones) and flowering plants. Some species self-pollinate when the pollen moves from the male part of the plant (the stamen) to the female part of the plant (the pistil). Cross-pollination occurs when pollen travels to the pistils of other plants, either in the wind or with birds and insects that it sticks to when they land on plants to drink their nectar. The birds and insects travel from plant to plant, leaving pollen on them and pollinating them. This is how plants are fertilized and can reproduce.

Pollen, especially the lightweight kind found on wind pollinated plants, such as grass, that is easily dispersed by the wind, is an allergen that causes a specific type of allergy called hay fever.



Cross reactivity between different species of grass is high, so if you are allergic to one type it is highly likely you will react to others. The grass pollen season generally runs from mid May to the end of July with a peak late June to early July. Pollen levels vary from day to day and also within day depending on environmental factors.



### Trees

The major tree pollens are hazel, plane, oak, ash and birch. These are produced in spring soon after the leaves develop. The major tree pollens are present for about 4 to 6 weeks late March to early May.



## WHERE DO POLLENS COME FROM?

Hay Fever sufferers are allergic to pollens present in the air. These come from wind - pollinated plants, by far the commonest are grasses, weeds and trees.

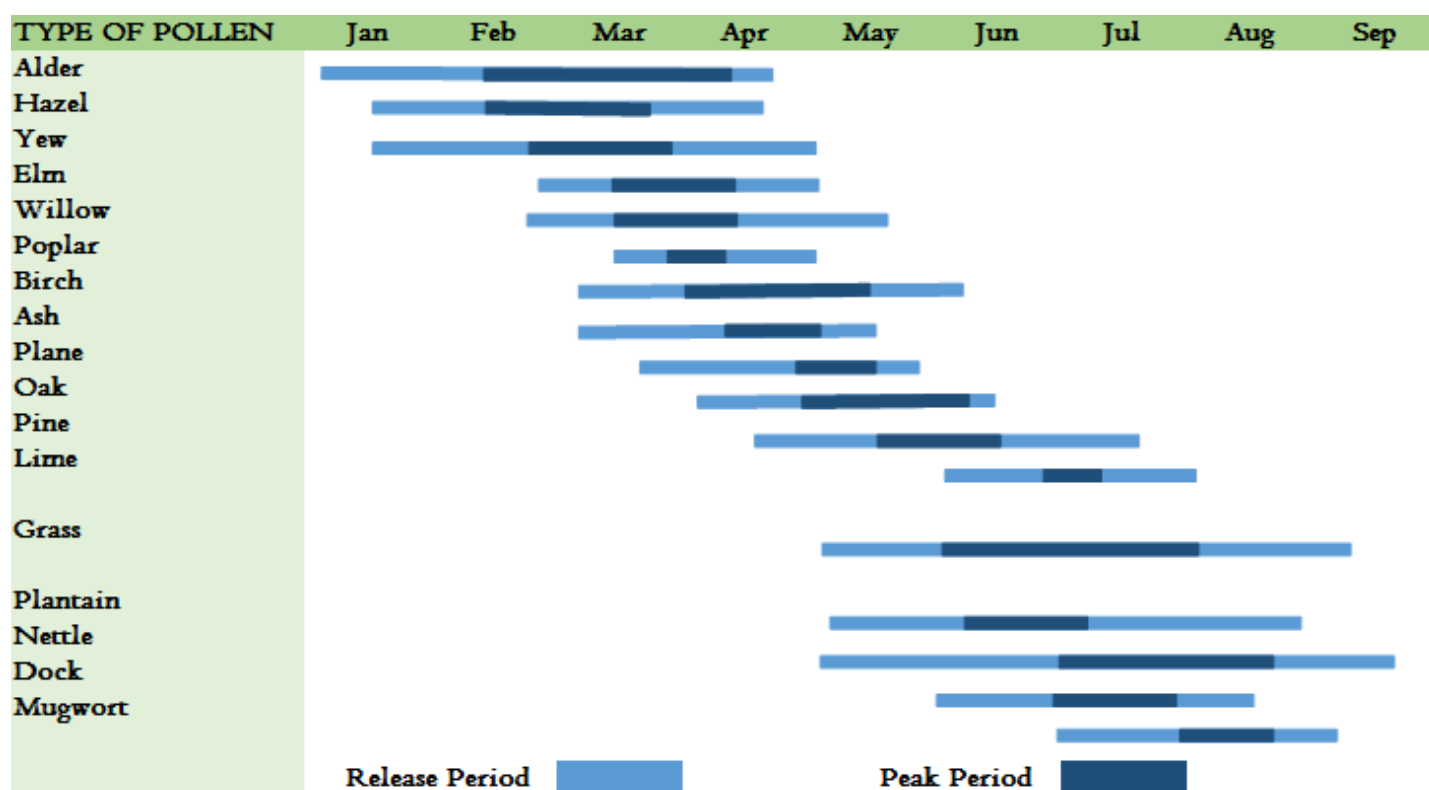
### Grasses

Although there are many species of grass only a relatively small number are common and prolific producers of pollen enough to give high pollen levels in the atmosphere. Rye grass, planted for grazing, produces less pollen than traditional meadow grasses such as Timothy grass, sweet vernal grass, cocksfoot and Yorkshire fog. With increasing set aside of agricultural land, the meadow grasses will again dominate causing likely rising of pollen counts.

### Weeds

The weed pollen season is in the late summer in to early autumn and is the least significant of the pollen groups in the UK. In the southern parts of Europe, wall pellitory is a major problem and is now getting established here.

# POLLEN ALLERGY & AVOIDANCE



POLLEN CALENDAR FOR THE UK

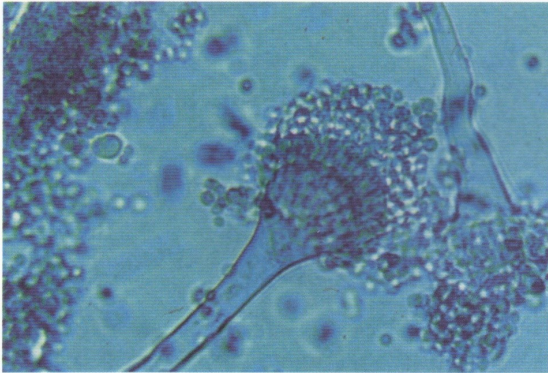
## POLLEN AVOIDANCE

The treatment for Hay Fever is based on avoiding the allergen. Clouds of pollen grains are blown throughout all areas, including large cities. Allowing for this there are still some steps you can take to reduce your exposure to pollen.

- Avoid being out doors in the early evening when pollen counts are at their highest.
- Be aware of the pollen count and try to stay indoors when it is high.
- Sleep with your bedroom windows closed to prevent pollen entering on still, calm nights.
- Wear sunglasses which can help to prevent pollen getting in to your eyes.
- Get someone else to mow the lawn.
- When you are in the car, keep windows closed; when buying a new car choose one with a pollen filter in the ventilation system.
- Brush outer clothes before going indoors and take a shower and wash your hair in the evening to get rid of pollens.

## WHAT ARE MOULDS?

These are microscopic fungal organisms that grow as filamentous networks on organic material, leading to its decomposition. These filaments grow and can eventually be seen as furry growth of mould or mildew.



*Clinical name Aspergillus fumigatus is found in houses, basements, bedding and house dust*

Organic matter is broken down by enzymes from moulds to make nutrients for the organism. This is why moulds are damaging to items such as fabric, paper and leather. To reproduce, moulds produce spores, which become airborne and settle on other plant or animal organic material and grow into new colonies. The number of mould spores can be much higher than for pollens and they are capable of travelling over long distances. It is proteins from secreting mould filaments and possibly the spores themselves that probably cause allergic reactions amongst asthma patients.

## WHERE ARE MOULDS FOUND?

They can be found anywhere where it is warm, dark and damp, both indoor and outdoors. As moulds get their food from decaying material, they do not require light for energy like other plants but they do need moisture. Peak growth times for outdoor moulds are during times of high humidity, growing on grass, tree bark, fallen leaves and decaying vegetation, only being absent when snow is on the

ground. Indoors they live only in areas of high humidity, such as refrigerators, cellars, poorly ventilated bathrooms, damp attics and sheds.

### AVOIDING MOULDS – INDOORS

1. do not spend time in damp attics, cellars or sheds.
2. keep all bathroom surfaces clean and use diluted bleach to **remove visible mould growth**.
3. do not use carpets in bathrooms or cellars, use washable rugs.
4. clean inside your refrigerator regularly.
5. remove old foam pillows and mattresses.
6. do not store clothes or shoes in damp cupboards.
7. do not wait until food goes mouldy before disposing of it.
8. **keep humidity below 50% with a de-humidifier** and allow moisture to escape from the home by airing rooms as weather permits. Keep kitchens and bathrooms well ventilated and vent tumble driers outside.

### AVOIDING MOULDS – OUTDOORS

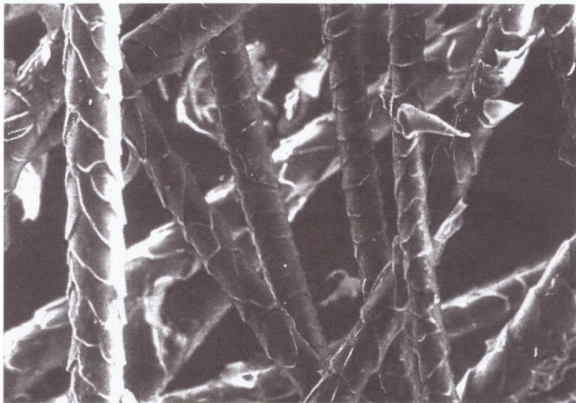
1. do not spend time in buildings where hay or grain is stored.
2. avoid greenhouses, summer houses, antique shops pigeon lofts and musty hotel rooms.
3. avoid cutting grass, raking leaves and turning compost heaps.
4. avoid walking near fields during grain harvesting.
5. keep well away from piles of rotting leaves and wood.

# ANIMAL DANDER ALLERGY & AVOIDANCE

## WHAT ARE ANIMAL DANDER ALLERGENS?

Proteins produced in the skin of cats, dogs, horses and other mammals can cause allergic reactions. These proteins are found in microscopic particles (smaller than pollen and dust mite particles) which easily become and stay airborne. Exposure of the nose, eyes and bronchial tubes to these particles can provoke a reaction.

It was thought that animal allergens were in saliva, however, it is now known that they are produced in the skin. The animal's hair is not involved therefore a non-shedding pet will still produce allergens. Like humans, some pets will shed more skin particles than others hence they will produce more allergic dander.



*Shown here is a close-up of cats fur and it's dander*

## WHERE ARE ANIMAL DANDER ALLERGENS FOUND?

Although animal allergen levels are highest in homes where pets are present, they are also found (lower levels) in places where pets are not present, including schools, cinemas, work places and other public areas. This is because pet owners have the allergens on their clothes. Animal allergens are sticky and adhere to clothes. Wiping a smooth surface removes animal allergens easily but in mattresses, soft furnishings, carpets and clothing they can persist for a long time.

If special steps are not taken to remove pet allergens from the home, they can remain active for up to six months after a pet has been removed.

## ANIMAL DANDER AVOIDANCE

The most effective solution is to remove the pet although this may not always be acceptable. No other measure will so effectively eliminate symptoms. If the pet is not removed there are measures that can reduce exposure but these may not be sufficient to prevent symptoms occurring.

1. **keep pets out of the bedrooms at all times to prevent dander build-up.**
2. wash all bedding or replace.
3. remove bedroom carpets if possible.
4. **any remaining carpets should be vacuum cleaned with a HEPA filtered vacuum cleaner.**
5. keep pets in specific areas and avoid going there.
6. Avoid contact with animals at home and when visiting other homes.
7. **wash the pet twice weekly,** preferably away from the home, to temporarily remove allergens.
8. make sure pet areas and bedding are washable.
9. try not to let pets in the house.
10. keep windows open when possible to allow air exchange.
11. **use a HEPA filtered air cleaner to remove airborne animal allergens.** AS these allergens are small and light they remain in the air and are effectively filtered out, unlike dust mite allergens which are not.



# ALLERGY CONTROL

## Some Useful Tips

Studies have shown that if these measures are put into practice, it is possible to reduce or even prevent certain symptoms of dust mite. Mould or animal dander allergies. You will find that many of these Tips are common sense but some are not so obvious, so use the information below as a checklist and always discuss the best course of action with your doctor. The most important rooms to deal with are the bedroom and family room, where most time is spent.

### General Measures

- Use an efficient, powerful vacuum cleaner regularly.
- Fit a HEPA filter to the vacuum cleaner if one is not already fitted.
- Keep carpets, soft furnishings and toys to a minimum and use an anti-house dust mite treatment on what has to stay.
- Avoid using heavy fabric curtains and Venetian blinds.
- Use roller blinds if possible.
- Relative humidity should be kept as low as possible.
- Keep clothes in a closed cupboard.
- Use a damp cloth or a dust-attracting cloth when cleaning.
- Use wooden or plastic furniture rather than upholstered furniture, wherever possible.
- Wear a dust mask when making beds, cleaning or dusting.

### In the Bedroom

- Encase mattresses, pillows and duvets with allergy barrier covers
- Avoid using bunk beds without allergy barrier covers.
- Avoid using feather filled pillows and duvets, especially if dust covers are not fitted.
- Use manmade fibre pillows and duvets that can be hot washed at 60°C.
- Avoid woollen blankets—use manmade fibres instead.
- Hot wash bedding and change it regularly.
- Keep animals out of bedrooms at all time.

### Avoiding moulds—outdoors

- Don't spend time in buildings where hay or grain is stored.
- Don't go into buildings that are obviously damp and musty.
- Avoid cutting grass, raking leaves, turning compost heaps.
- Avoid walking near fields during grain harvesting.
- Keep well away from piles of rotting leaves and wood.

### Avoiding moulds—indoors

- Don't spend time in damp attics, cellars or sheds.
- Keep all bathroom surfaces clean.
- Clean inside your refrigerator regularly.
- Get rid of old foam rubber pillows and mattresses.
- Don't store clothing or shoes in damp cupboards.
- Don't wait until food goes mouldy before disposing of it.

### Avoiding animal allergens

- Encase mattresses, pillows and duvets with allergy barrier covers
- Avoid using bunk beds without allergy barrier covers.
- Avoid using feather filled pillows and duvets, especially if dust covers are not fitted.
- Use manmade fibre pillows and duvets that can be hot washed at 60°C.
- Avoid woollen blankets—use manmade fibres instead.
- Hot wash bedding and change it regularly.
- Keep animals out of bedrooms at all time.

For more detailed information on the Tips listed here,

*“decreasing exposure to dust mite allergens is an effective part of the treatment of asthma, rhinitis and atopic dermatitis”*

*“first, that effective avoidance is primarily based on physical rather than chemical measures, second, that effective avoidance requires a full regimen in the bedroom”*

*“Allergen avoidance remains a cornerstone of treatment of allergic patients who present with rhinitis, asthma or atopic dermatitis”*

Extracts from Allergen Avoidance by Thomas A.E. Platts-Mills, MD, PhD one of the world's foremost authorities on the topic of dust mite allergens.  
J. Allergy Clin Immunol Vol 113 Number 3 2004



# A BACKGROUND TO ALLERAYDE

## *Why doctors choose Allerayde*

At a time when so many patients are looking for answers and doctors are coping with what the Royal College of Physicians called “a crisis of the unmet need”, many unqualified organisations have sprung up to exploit the unaware. For example one currently claims you can say goodbye to your allergies following a 2 hour discussion!

In such times, an established practitioner like Allerayde supplying medical products for allergy patients for the last 26 years, can be relied on as a trusted partner for both doctors and their patients.



## 8 reasons why doctors have been recommending Allerayde products to help their allergy patients for the last 26 years

1. Our products have been developed in conjunction with doctors - listening to their needs to fully understand how we can better help the treatment process.
2. We actively and openly participate in clinical studies both before product development and after.
3. Allerayde is only interested in offering truly effective products.
4. Allerayde has a scientific background - it was the first UK distributor for EpiPen, an adrenaline auto-injector for patients with anaphylaxis, and went on to develop its own successful version Anapen.
5. Allerayde was the FIRST company to introduce barrier bedding in 1990.
6. Allerayde was the featured medical devices participant in the Low Allergen Home, Milton Keynes and the Ideal Home Exhibition.
7. Allerayde supports clinically proven medical products and prefers to develop them itself given the scientific qualifications and experience stretching back 40 years.
8. Today many clinics in the UK and Ireland regularly refer their asthma and eczema patients to Allerayde for barrier bedding.

## *Allerayde is proud to always set standards others try to follow*

### 12 tips to choosing the right anti –allergen bedding

1. Always look for barrier covers that **completely encase** the mattress and offer mite-proof zips - some inferior models merely cover the top and sides of mattress.
2. Seek covers that offer 99% minimum particle retention efficacy-they will not let the mites or their waste particles through. The best guarantee is a scientific study that the fabric's weave permits nothing larger than 5 microns through as dust mite particles are no smaller than this.
3. Insist cotton versions are **NOT treated with chemicals** to keep mites away (a sure sign of an inferior product and possible allergic reaction). **Cotton** barrier covers also need hot washing every 1 to 2 weeks to reduce the pore size as the weave opens up in use and allow allergens through.
4. You should insist on fabric that is **hot washable** and will not shrink when washed at 60°C degrees or more.
5. Cheaper fabrics often are noisy i.e. they rustle as you move. For a good nights sleep you need a quite fabric.
6. Select covers that are made for **UK sized beds** and give a generous fit - some others you will have to exchange as they are too tight.
7. Look for a **high water vapour permeability** - this ensures you don't get clammy. A plastic sheet offers 100% efficacy but you will start to sweat in minutes.
8. Does the company selling covers show you a **sample you can touch** before you buy?
9. Be sure the supplier can answer your technical questions or those of your doctor; beware of call centres posing as knowledgeable retailers.
10. Ask if the owner of the company has personally used the barrier bedding product every night for 26 years so can personally testify as to the efficacy of the product!
11. Are they experienced enough to offer a **special sizes** service.
12. Compare the length of product quality guarantee on offer - a minimum should be 10 years.

## START WITH THE BED

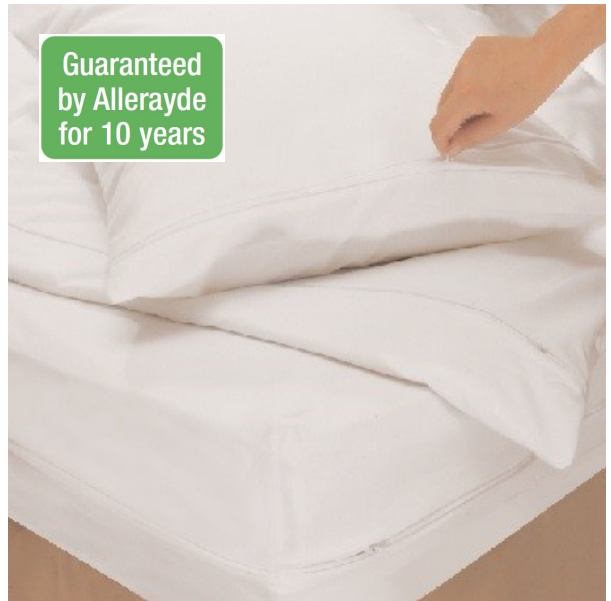
*Eczema asthma patients. House dust mite allergies? Doctors have been recommending Alleraide anti-house dust mite barrier bedding for 26 years*

Alleraide Bedding Covers effectively seal out dust mite allergens for over 10 years - without sweat and tears.

When choosing a barrier cover for your mattress, duvet and pillows, the number one selection criteria is to totally encase the bedding and thus protect yourself from any contact with the house dust mite and its associated allergen triggers. This will ensure you get relief from symptoms such as wheezing, coughing, itchy skin, runny nose and tearful, sore eyes. Next on the list is comfort.

You need a fabric that lets your body breathe - not sweat - so water vapour and air can travel unimpeded. Alleraide has been developing its range of barrier covers for 26 years so it knows how to achieve such a critical balance between fully effective allergen avoidance and essential bodily comfort.

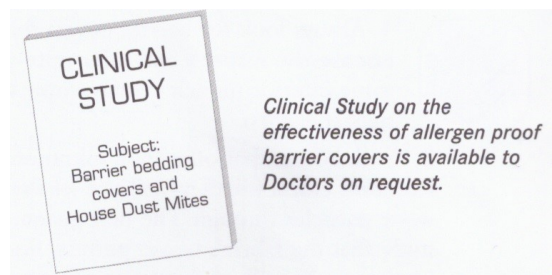
So confident are we in the quality of our products, that we offer some of the longest guarantees you will find - over 10 years.



*Alleraide allergen proof covers completely encase your pillow, duvet and mattress allowing you to use your regular linen over the top whilst ensuring complete protection from House Dust Mites. Even the zips are dust mite allergen proof.*

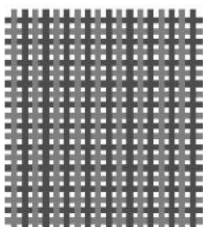
Alleraide exclusively develops its own allergen proof encasings using the latest textile developments. These block the passage of house dust mites and other allergens. This effectively prevents you from inhaling or coming into contact with allergens at night as you sleep.

Alleraide allergen - proof encasings are made with the highest quality sewing construction. All seams and edges are bound with seam binding for durability. Long zips allow easy fitting of covers, and our encasings are clinically effective as well as comfortable and durable.

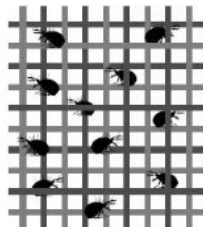


*If your asthma or eczema symptoms are triggered by dust mite allergens, these covers will bring relief! Enjoy a good nights sleep.*

Microscopic close-ups compare weaves



1. Alleraide dust mite proof covers keep allergens IN!



2. Others covers with wider weave can let the allergens OUT!

### What our customers say!

"I have suffered from **eczema** and **asthma** since childhood and although there are several trigger factors involved, house dust mite is a major culprit. In 1990, I purchased a full set of barrier covers from Alleraide and have noticed a really good improvement in both my episodes of asthma and the severity. As we have recently purchased a new bed that is larger than our old one, I need to replace the covers. Having had many years of excellent protection, I have come back to Alleraide". **Mrs N, London**

# ALLERAYDE BARRIER BEDDING COVERS

## ALLERAYDE LITE COVERS

A silky, soft true tight weave microfibre, strong, lightweight, highly breathable and durable material that is totally imperceptible in use. This microfibre blocks allergens, yet allows the free passage of air and moisture. Allerayde Lite Covers have a 10 year guarantee.

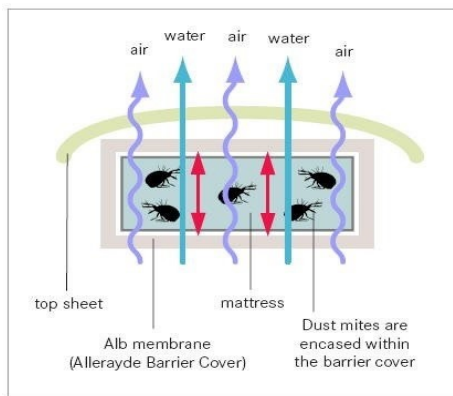
Washable at 60°C.



Guaranteed  
by Allerayde  
for 10 years

### Allerayde explains...

Difficulty in breathing, wheezing, runny nose, sore watery eyes, itchy skin when in bed or on waking in the morning are symptoms associated with exposure and sensitivity to house dust mite and its allergens found in your bed. Creating a barrier between you and the problem will prevent this exposure and so reduce and possibly eliminate these symptoms. The recommendation of leading allergy specialists is to use dust mite proof covers for your mattress, duvet and pillows. These covers should fully encase, they should stop allergenic particles escaping, they must allow water vapour to pass through freely and be quiet in use for a comfortable nights sleep, and they should be washable at 60°C to destroy any living dust mites.



## ALLERAYDE PRIME COVERS

Our latest development is a silky, soft premium quality microfibre fabric which is strong, lightweight, and totally imperceptible in use. This extremely tightly woven microfibre, with a pore size of less than 2 microns, prevents the escape of house dust mite allergens as well as the smaller animal dander allergens, whilst allowing the free movement of water vapour and air. Allerayde Prime Covers have a 20 year guarantee. Washable at 60°C.



COMING SOON

**With all Allerayde Barrier Covers, water vapour and air can pass through whilst the mites stay safely contained within.**

PLEASE REFER TO OUR  
USEFUL SIZING AND PRICE  
CHART OVERLEAF

### What our customers say!

#### Mr Rhodes, Allerayde Founder

"After 30 years of suffering from **allergic rhinitis** and conjunctivitis, I started using our newly developed allergen proof covers (1990). The effect was immediate. The first morning I woke up after putting the covers on the bed was the first time in 30 years I did not need to reach for the Kleenex. In the 26 years of using the covers, I have had no symptoms when I sleep in my own bed. I do know that I am still mite sensitive to mite allergens as whenever I stay away at friends or hotels I get a runny nose and sore eyes during the night

#### Mrs S, Southwell

"Our daughter developed **eczema** at about 18 months of age. The local hospital diagnosed the cause as house dust mite allergy, so we bought a full set of Allerayde barrier covers. Her eczema improved so much that she has never needed any treatment since. Just to be on the safe side, we have kept the covers on the bed ever since and to this day she shows no sign of allergy"

#### Mrs B, East Bridgeford

"I have had moderate asthma since early childhood and found the bedroom was a danger zone so I decided to purchase a full range of Allerayde covers. After putting the covers to use, I have reduced my use of inhalers to virtually nothing. I am now purchasing my second set as we are getting a larger bed. The service from Allerayde has always been of the highest level and their knowledge of allergy is second to none.



# ALERAYDE BARRIER BEDDING COVERS

Allerayde Barrier Bedding Covers				Allerayde Lite		Allerayde Prime	
Size		Dimensions		Product No.	£	Product No.	£
		Inches	cms				
Mattress Encasings	Single Mattress	39" x 75" x 9"	93 x 193 x 23	700	39.95	800	TBA
	Single IKEA Mattress	36" x 78" x 8"	90 x 200 x 20	700IK	39.95	NA	
	Double Mattress	54" x 75" x 9"	140 x 190 x 23	701	49.95	801	TBA
	Double IKEA Mattress	54" x 80" x 8"	140 x 200 x 20	701IK	49.95	NA	
	Queen Mattress	60" x 80" x 9"	152 x 200 x 23	702	56.95	802	TBA
	Queen IKEA Mattress	63" x 80" x 8"	160 x 200 x 20	702IK	56.95	NA	
	King Mattress	78" x 80" x 9"	200 x 205 x 23	703	59.95	803	TBA
For 11.5" deep mattress add £10, for 14" deep add £20							
Pillow Encasings	Standard Pillow	19" x 29"	48 x 74	706	8.95	806	TBA
	Queen Pillow	21" x 31"	54 x 79	708	9.95	NA	
	Square Pillow	25" x 25"	64 x 64	707	12.95	NA	
Duvet Encasings	Single Duvet	55" x 80"	140 x 180	710	39.95	810	TBA
	Full/Double Duvet	78" x 78"	200 x 200	711	49.95	811	TBA
	Queen Duvet	88" x 86"	225 x 220	712	56.95	812	TBA
	King Duvet	102" x 86"	260 x 220	713	59.95	813	TBA
Complete Sets							
Single	1 x Pillow, Duvet & Mattress	NA	NA	721	86.00	821	TBA
Double	2 x Pillow, Duvet & Mattress	NA	NA	722	113.00	822	TBA
Queen	2 x Pillow, Duvet & Mattress	NA	NA	723	127.00	823	TBA
King	2 x Pillow, Duvet & Mattress	NA	NA	724	133.00	824	TBA

N.B. All the above prices have zero rated VAT

## Special Tailor-Made Service

Please note we are able to make mattress covers to your specification. Please call us for more details.



Fights with no mites!



## Care instructions for all Allerayde Covers

- 60°C wash
- No bleach
- Non iron
- Tumble dry on low setting
- Damp wipe
- Vacuum



# ALERAYDE ALLERGEN PROOF BEDDING



## Dupont Quallofil

The filling of our duvets and pillows is the patented Quallofil fibre. This fibre has the structure of seven microscopic chambers in each fibre filament, assuring excellent warmth and softness. The duvets and pillows are machine washable and quick drying for easy care.

BUY 2  
SAVE  
10%

## Allerayde explains...

Hypoallergenic when used to describe duvets and pillows simply means that the filling used will not cause allergy, however, dust mites will still colonise if quality dust proof barrier covers have not been used. Do not be misled into believing that because it's a hypoallergenic duvet or pillow that it's enough - insist on an allergen proof barrier covering as well.

## ALERAYDE ALLERGEN-PROOF DUVETS & PILLOWS

If you are replacing old, allergen loaded duvets and pillows, our new duvets and pillows, with allergen proof outers made of a silky soft micro-fibre, are the answer. These duvets and pillows will never be colonised by dust mites and so will never contain their allergens. Our duvets and pillows are non-allergenic.

Unlike many others there is no need for regular washing; only when they become soiled so saving money and time. They should be covered with your favourite bed linen which should be hot washed regularly.

Prod. No.	Description	Size ins	Size cms	Price
519	Allerayde™ Pillow	21 x 27	54 x 68	£39.95
9519	Allerayde™ Pillow (set of 2)	21 x 27	54 x 68	£71.95
550	Allerayde™ Single Duvet	55 x 80	140 x 190	£79.95
551	Allerayde™ Double Duvet	88 x 86	225 x 220	£99.95
552	Allerayde™ King Duvet	102 x 86	260 x 220	£119.95

*"Warm in the Winter and cool in the Summer, without a lot of extra weight, what more could you ask for"*

*"Soft, supportive and noise-free. All that a pillow should be"*

*"The blankets are so soft, lightweight warm and snug in use, you will not want to get out of bed. They are ideal on cool nights when a duvet is too much and on really cold nights when a duvet is not enough"*



## ALERAYDE WASHABLE BLANKETS

Our blankets are made of genuine Polartec, the fabric that provides warmth without weight. Air pockets in the fleece on either side of an insulating core trap body heat, creating thermal insulation. Not only are our blankets extremely soft and comfortable, they are also able to withstand repeated hot washing and machine drying necessary to kill dust mites and remove their allergens. Quick drying and non-pilling they are tastefully finished with colour coordinated blanket stitch edging.

Prod. No.	Description	Size ins	Size cms	Price
Ivory Blue				
556 9556	Allerayde™ Blanket	61 x 79	155 x 200	£99.95
557 9557	Allerayde™ Blanket	79 x 98	200 x 250	£119.95





# Fight the Mite

A self-help guide to Allergen avoidance for asthma, eczema and rhinitis sufferers

Remove curtains? Well only if they are heavy ones with plenty of thick pleats - otherwise wash at levels as low as 30°C using a special wash called Con-ex (page 12) and spray once every 6-8 weeks with Tre-san (page 12).

Install Air Filters to clean the air. These should be chosen with care to ensure effectiveness in removing allergens particularly pet allergens (see our recommendations page 14). Ventilate the room in winter as conditions permit.

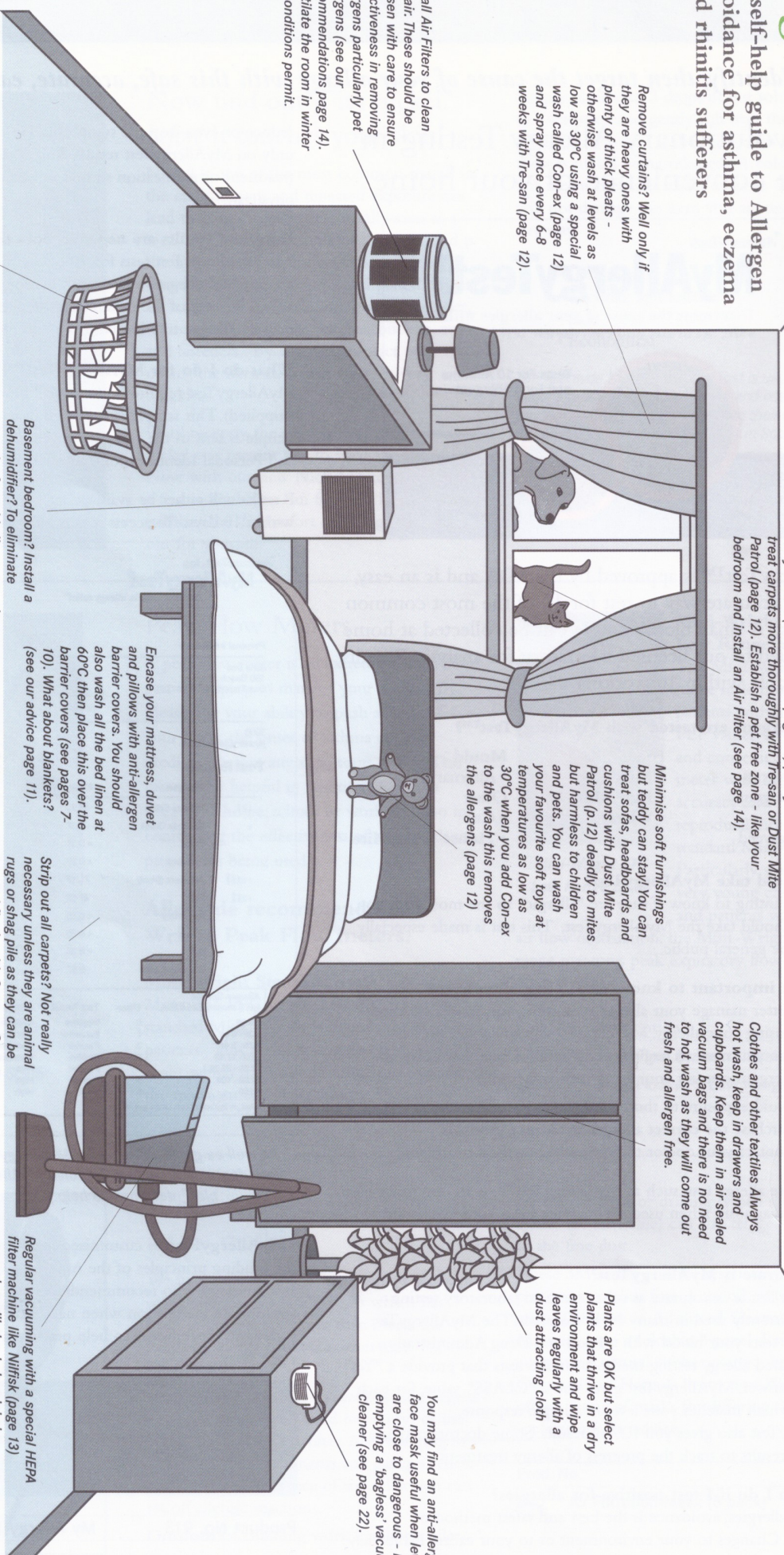
Re-home your pet? Truthfully it would be best, but if you cannot live without them be sure to regularly vacuum your home and regularly shampoo your pet to clean away dander (see PetWash page 15) plus you should treat carpets more thoroughly with Tre-san or Dust Mite Patrol (page 12). Establish a pet free zone - like your bedroom and install an Air Filter (see page 14).

Minimise soft furnishings but teddy can stay! You can treat sofas, headboards and cushions with Dust Mite Patrol (p.12) deadly to mites but harmless to children and pets. You can wash your favourite soft toys at temperatures as low as 30°C when you add Con-ex to the wash this removes the allergens (page 12)

Clothes and other textiles Always hot wash, keep in drawers and cupboards. Keep them in air sealed vacuum bags and there is no need to hot wash as they will come out fresh and allergen free.

Plants are OK but select plants that thrive in a dry environment and wipe leaves regularly with a dust attracting cloth

You may find an anti-allergen face mask useful when levels are close to dangerous - like emptying a 'bagless' vacuum cleaner (see page 22).



Wash bed linens regularly at 60°C You can wash at lower temperatures if you add Con-ex wash additive (page 12)

Basement bedroom? Install a dehumidifier? To eliminate growth of mould allergens and mite colonies choose the right machine for your room size (see page 14). Monitor situation especially in winter and air the room as often as conditions permit.

Encase your mattress, duvet and pillows with anti-allergen barrier covers. You should also wash all the bed linen at 60°C then place this over the barrier covers (see pages 7-10). What about blankets?

Strip out all carpets? Not really necessary unless they are animal rugs or shag pile as they can be treated firstly with Capture Carpet Cleaner (p.13) to clean up animal dander as well as mite allergens. Recent clinical findings show that laminate floors can actually increase sensitisation.

Regular vacuuming with a special HEPA filter machine like Nilfisk (page 13) every day will also help minimise animal (pet) dander allergens. The model recommended uses a self-sealing bag so minimising airborne allergens when replacing.

**Allergyde**  
CLINICALLY DRIVEN

WWW.ALLERAYDE.CO.UK

"effective avoidance requires a FULL REGIME in the bedroom..."

Thomas A.E. Platts-Mills MD, PhD Extract from J Allergy Clin Immunol 2004