

# my family's *Choice*

16-page  
**GUIDE**  
to help manage  
Asthma and  
Allergies

Living with Asthma & Allergies

**HOW TO**  
help protect  
your family

**SPRING CLEAN**  
tips for fighting  
asthma and allergy  
triggers

Make a Sensitive Choice®

[www.sensitivechoice.com.au](http://www.sensitivechoice.com.au)



**SENSITIVE  
CHOICE**  
SUPPORTING  
ASTHMA CARE

# FIRST AID GUIDE FOR ASTHMA

## WHAT IS AN ASTHMA ATTACK?

People with asthma have extra-sensitive airways. Triggers like dust, pollens, animals, tobacco smoke and exercise may cause their airways to swell and narrow - causing wheezing, coughing and difficulty breathing.



## WHAT SHOULD I DO?

# 1

Sit the person comfortably upright.  
**BE CALM AND REASSURING.**

# 2

Give 4 puffs of a blue Reliever inhaler (puffer) – Ventolin, Airomir, Bricanyl, or Asmol. Relievers are best given through a spacer, if available.

Use 1 puff at a time and ask the person to take 4 breaths from the spacer after each puff.

Use the person's own inhaler if possible. If not, use the First Aid Kit inhaler or borrow one from someone else.

# 3

**WAIT 4 MINUTES.**  
If there is no improvement, give another 4 puffs.

# 4

If little or no improvement, **CALL AN AMBULANCE IMMEDIATELY (DIAL 000)** and state that the person is having an asthma attack.

Keep giving 4 puffs every 4 minutes until the ambulance arrives.

**Children:** 4 puffs each time is a safe dose.

**Adults:** up to 6-8 puffs every 5 minutes may be given for a severe attack, while waiting for the ambulance.

### WITH SPACER



- Shake inhaler and insert mouthpiece into spacer
- Place spacer mouthpiece in person's mouth and fire 1 puff
- Ask the person to breathe in and out normally for about 4 breaths
- Repeat in quick succession, until 4 puffs have been given

### WITHOUT SPACER



- Shake inhaler
- Place mouthpiece in the person's mouth. Fire 1 puff as the person inhales slowly and steadily
- Ask the person to hold that breath for 4 seconds, then take 4 normal breaths
- Repeat until 4 puffs have been given

## WHAT IF IT IS THE FIRST ATTACK OF ASTHMA?



If someone collapses and appears to have difficulty breathing, **CALL AN AMBULANCE /DIAL 000 IMMEDIATELY**, whether or not the person is known to have asthma

- Give 4 puffs of a Reliever and repeat if there's no improvement
- Keep giving 4 puffs every 4 minutes – until the ambulance arrives
- No harm is likely to result from giving a Reliever to someone who doesn't have asthma

# Today more than 7 million Australians are living with Asthma and Allergies.



Help  
protect  
your  
family

That's why the National Asthma Council Australia created the **Sensitive Choice**<sup>®</sup> program to help Australians make better choices about asthma and allergy sensitive products and services.

You'll find the 'blue butterfly' symbol on a wide range of quality products used in Australian homes every day. When you see this symbol, you can be assured that the product is made by a company that is committed to supporting better outcomes for people living with asthma and allergies.

These companies also **provide vital financial support to the National Asthma Council Australia** (a not-for-profit organisation) for its important work in helping improve the health of people with asthma and allergies.

## WHAT TRIGGERS ASTHMA?

Asthma is a disease of the airways, the tubes that carry air to our lungs. With asthma, the muscles in the airways tighten and the lining becomes swollen and inflamed. These changes cause the airways to narrow, making it difficult to breathe.

Most people with asthma only have symptoms when they inhale a 'trigger' caused by things like dust mites, pollen, pets or mould, do exercise without the right preparation, or catch a cold or flu.

## HOW CAN ALLERGIES BE MINIMISED?

Australia has more than our fair share of award-winning actors, champion athletes, renowned singers – and people with allergies. Although we don't yet know the reason for the high prevalence, allergies affect the lives of millions of Australians every year.

Allergies occur when our immune system overreacts to otherwise harmless substances, known as 'allergens'. This can affect the nose and eyes with hay fever; the skin with conditions such as eczema or hives; or the lungs with asthma.

We know the best way to manage allergy is to avoid the allergens – but that's easier said than done! Allergens and asthma triggers are all around us...pollens from grass and weeds, dust mites in bedding, pet hair, dander, and chemicals in cleaners.

**Sensitive Choice**<sup>®</sup> products and services are designed to reduce asthma and allergy triggers, and may help you manage your family's asthma and allergy symptoms more effectively.

If you see the blue butterfly when shopping, stop for a moment and think about your family's asthma and allergy care. Do you know your triggers? Are you taking steps to reduce your exposure to them? Remember to see your doctor for regular asthma and allergy check-ups, and take your medication as prescribed.

To learn more about managing asthma and allergies, visit the **Sensitive Choice**<sup>®</sup> website at: [www.sensitivechoice.com.au](http://www.sensitivechoice.com.au)

You can also register online to receive regular updates about asthma and allergy news, latest additions to the range of approved products and services, and great tips for living an active and healthy life. You could even win some **Sensitive Choice**<sup>®</sup> approved products!

Make a Sensitive Choice<sup>®</sup>

[www.sensitivechoice.com.au](http://www.sensitivechoice.com.au)



# Rethinking Clean with a Powerbrush.

**MAY BE BENEFICIAL  
FOR ASTHMA  
AND ALLERGY  
SUFFERERS.**

A Powerbrush is designed to reach deep into the base of the carpet and in-between carpet pile, where dust mites and other allergy triggers typically dwell.

The Powerbrush motor rotates the brushes, vibrating and lifting carpet fibres. This action helps to loosen dirt, dust mites, skin cells and pollen from deep inside the carpet whilst vacuuming.



## What a non-powered vacuum head picks up:



**Dust Mites:** Dust mites are microscopic bugs that feed on dead skin, animal dander, and other organic matter that may live in your carpet.

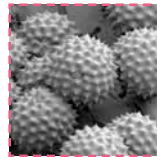


**Dead Skin:** We are constantly shedding skin, and so are your pets. Humans can shed around 30,000 to 40,000 skin cells per minute, which is why dead skin can make up 75% of household dust.

## What a Powerbrush can pick up:



**Flea Eggs, Larvae and Droppings:** Flea eggs, larvae and droppings can all live in your carpet, especially in households with pets.



**Allergy causing Pollens and Spores:** Pollen is a major trigger of asthma and allergies, and can easily be brought inside and trodden into your carpet.



**Mould:** Mould can grow and fester in carpet threads. It can be toxic and may trigger allergies.



Who else but Hoover.



wertheim  
deep clean engineering

**GODFREYS**  
Cleaner living

Godfreys has a range of Powerbrush vacuum cleaners in-store, please visit [www.godfreys.com.au](http://www.godfreys.com.au) to check for your nearest store.

Make a Sensitive Choice®

[www.sensitivechoice.com.au](http://www.sensitivechoice.com.au)



# TIPS ON *Pets*



Avoiding allergens can be difficult if the source is a much-loved furry family member.

## Ways you can reduce exposure:

- Always wash your hands after touching your pets
- Keep your pets outside most or all of the time, making sure they have a safe, warm home outdoors
- Never let your pets into the bedroom
- After resettling your pets outside, clean your house thoroughly
- Vacuum carpets and upholstery regularly
- Ask someone else to groom your pets
- Do not wash your pets more often than your vet recommends



DESIGNED  
EXCLUSIVELY  
WITH...



### FAST FACTS

#### Taubmans EasyCoat

has a total range of paints to protect all applications in the home.

Available in; Walls, Ceilings, Doors and Trim, Prep and Suede finishes.

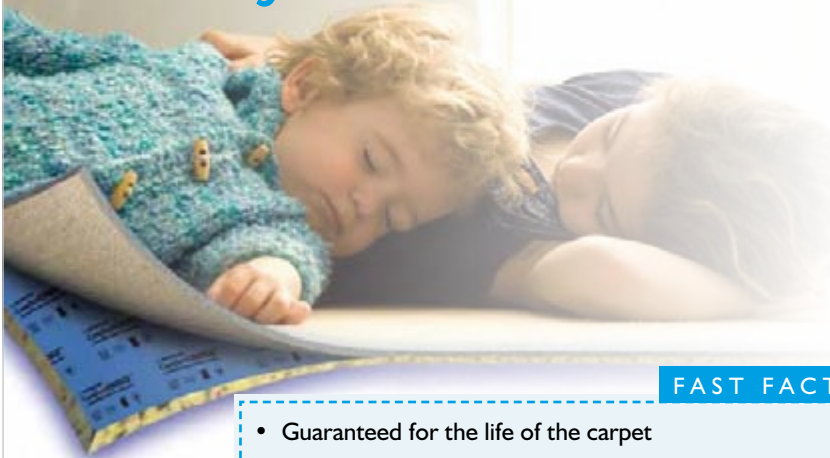
[www.taubmans.com.au](http://www.taubmans.com.au)

- Microban® provides antimicrobial protection against the growth of mould, mildew and fungus
- Formulated to reduce the microbial triggers of asthma and allergies
- The effective ingredient in Microban® works continuously to keep painted surfaces cleaner and safer
- Microban® is incorporated into paint at time of manufacturing. It does not wash or wear off

CHOOSE THE PAINT WITH...



## ComfortCHOICE®, it's a sensitive choice under your feet.



### FAST FACTS

- Guaranteed for the life of the carpet
- Makes carpet feel richer, thicker and more luxurious
- Extends the life of your carpet
- Environmentally friendly, 100% recyclable

**ComfortCHOICE®** carpet cushion is a technological breakthrough by Dunlop Flooring, and is approved by the Sensitive Choice® program of the National Asthma Council Australia. It is exclusive to Carpet Choice – the Australian leader in carpet retailing and flooring innovation.

#### How does ComfortCHOICE® actually work?

The secret to this amazing carpet cushion is that it's manufactured using a premium quality anti-microbial treatment called 'Ultra-Fresh' – which provides effective long-term control of recognised asthma and allergy triggers such as bacteria, mould and mildew.

If your family is living with asthma and allergies, using **ComfortCHOICE®** will assist in the trapping of dust particles and bacteria making the home a more pleasant environment.

For your nearest Carpet Choice store, phone **132 008** or visit [www.carpetchoice.com.au](http://www.carpetchoice.com.au)



Exclusively available at:

**CARPET CHOICE**



# Love

## the difference of ComfortCHOICE® under your carpet.

Carpet Choice is Australia's leading flooring retailer and has a huge selection of carpets, from luxurious wools to durable and practical nylons.

Complete your home with a contemporary designed textured carpet, or a traditional twist or plush style carpet and be assured that **ComfortCHOICE®** underlay will make your home a more pleasant and ideal living environment as it will not only extend the life of your carpet, it will also assist in the trapping of bacteria, mould and mildew.

### FAST FACTS

- Improves acoustics by reducing noise transfer
- Acts as a thermal insulator
- Improves carpet appearance and retention
- Suitable for all floor types
- Australian Made

For your nearest Carpet Choice store,  
phone **132 008** or visit [www.carpetchoice.com.au](http://www.carpetchoice.com.au)

 **DUNLOP**®  
*carpet cushion*  
COMFORT THAT LASTS

Available exclusively  
at Carpet Choice.

**CARPET CHOICE**  
**THE RIGHT CHOICE**

Make a Sensitive Choice®

[www.sensitivechoice.com.au](http://www.sensitivechoice.com.au)



# a Sensitive Choice<sup>®</sup> day

With well over one hundred products carrying the blue butterfly, you could be using a Sensitive Choice<sup>®</sup> approved product or service from the moment you wake up in the morning, right up to when you go to bed at night...



- Roll out of bed to walk on carpets and floors that don't harbour bacteria and mould
- Complete your beauty routine using nourishing skincare products for sensitive skin
- Admire your kitchen cupboards that still look as good as new, thanks to paint that protects against growth of bacteria and mould
- Keep your cool in the summer heat, with an air conditioner that traps airborne particles, or dive into your chlorine-free pool
- Breathe easily as you do your laundry, in a steam washer/dryer that kills dust mites but doesn't blow lint into the air
- Vacuum with a cleaner designed to remove more dirt, dust and allergy triggers
- Relax as your home stays comfortable for you, not the dust mites, thanks to approved insulation and ventilation
- Unwind on a dust-mite resistant lounge – creepy critters not welcome!
- Tidy up using cleaning products without harsh chemical fumes
- Snuggle into bed with a dust-mite resistant pillow, bedding and mattress



## Smoking and asthma

While it's now well recognised that smoking is harmful, you may not know that cigarette smoke is particularly bad for people with asthma. Smoking increases asthma symptoms, makes medicines work less effectively and seriously damages vulnerable lungs.

Passive smoking (breathing in other people's smoke) is just as harmful. Keep your home and car smoke-free, and ask visitors to smoke outside away from the windows.

Do you smoke? If so, then giving up could not only help improve your own health, but also help your whole family breathe easier – whether they have asthma or not.

Remember quitting is not something you have to do on your own. For extra support, speak to your doctor or visit the QUIT website at [www.quit.org.au](http://www.quit.org.au).

**purotex**  
active probiotic protection

## Bekaert Intelligent Mattress Textiles

It is well documented that dust mites and their pathogens are one of the main triggers for asthma sufferers.

Whilst most mattress tickings (mattress fabrics) can be treated with a chemically derived biocide to assist in dust mite control, wouldn't it be great if there was a natural solution to control dust mites and their pathogens?

Bekaert Textiles proudly announce the arrival of Purotex<sup>®</sup>, an all natural probiotic treatment, creating a healthy and clean sleeping environment in a 100% natural and ecological way.

[www.bekaert.com.au](http://www.bekaert.com.au)



**Bekaert Textiles**  
AUSTRALIA

# full Steam ahead



Available in a striking black, stylish white matte, or champagne pink finishes, all with a funky silver trim.

WELS 4.5 Star/ 86 litres per wash

## FAST FACTS

### Steam Technology

Gently loosens dirt and remove stains for a more hygienic wash

### Allergy Care

Reduces up to 99% of common household allergens, such as dust mites

### Steam Refresh

A 20-minute cycle using no detergent and less than 1 litre of water that deodorises your clothes, without having to use a full wash

### 10-year Inverter Direct Drive Motor Warranty

For less vibrations, noise and greater durability

### Pause & Add Function

Allows you to add clothing to your wash load

### 2 in 1 unit

Saves valuable space in the laundry

Thanks to the **LG Combined Steam Washer & Dryer**, protecting your family from common household allergens just got easier.

It's exclusively approved by the Sensitive Choice® program of the National Asthma Council Australia.

And it's not hard to see why. The result of extensive research and smart technology, the LG Combined Steam Washer & Dryer is engineered with the needs of allergy and asthma sufferers in mind. **Steam technology** gently loosens dirt and removes stains, giving a thorough, hygienic wash and dry every time.

All LG Steam Washer & Dryers also feature the LG Inverter Direct Drive Motor System that integrates the motor to the centre of the drum, making for a quieter wash and dry. And for even more peace of mind, it comes with a 10 Year Inverter Direct Drive Motor Warranty (2 years parts and labour, plus 8 years on the motor part only – excluding labour).

But best of all, you can breathe easy with our **Allergy Care** function – proven to reduce common household allergens such as dust mites by up to 99%, making it the number one sensitive choice to protect your family.

For more information visit [www.lg.com.au/steam](http://www.lg.com.au/steam) or call **1800 LG CARE (1800 50 6154)**

Make a Sensitive Choice®

[www.sensitivechoice.com.au](http://www.sensitivechoice.com.au)





# time to Spring clean

The sun is shining, the flowers are blooming and Spring is in the air. It's time to get cleaning!

## Mould

- A home that is damp, has visible mould, mildew or a musty smell can cause problems
- Remove visible mould with bleach or other mould reduction cleaners – if you are sensitive to strong odours, wear a mask or ask someone else to do this for you
- Seal leaks in bathrooms and roofs
- Clear overflowing gutters or blocked underfloor vents

All sorts of asthma and allergy triggers may have been accumulating in your home over winter, especially house dust mites and mould. Here are some great Spring cleaning tips to help reduce the impact of these common triggers on you and your family.

### Fight dust mites in the bedroom by:

- Washing sheets and pillow cases weekly in water hotter than 55°C
- Opening curtains and airing bedding in the sunshine
- Covering mattresses, quilts and pillows with dust mite covers
- Removing soft toys from bedrooms, or washing them weekly in water hotter than 55°C

### Around the house be sure to:

- Use a damp or electrostatic cloth to dust all hard surfaces, including floors. This dramatically reduces the dust in the air when cleaning
- Consider using an asthma and allergy sensitive vacuum cleaner with a HEPA filter
- Keep rooms dry and well ventilated. Good insulation helps make your home comfortable for you, not the dust mites!
- Clean blinds and curtains regularly. It's tedious, but important
- Clear out the clutter. Fewer places for dust to collect means fewer dust mites, and it also makes your home easier to keep clean



### FAST FACTS

- Your bed is the single most used item in your home, so make sure you select a quality mattress!
- Bedding is the prime breeding ground for dust mites
- Mattresses with Healthguard™ provide long-term protection against dust mites, mould and bacteria

# Breathe better. Sleep better.

Beds are the primary breeding ground for dust mites in the home. You can't see them with the naked eye, but you're probably sleeping with up to 1 million of them unless you're sleeping in one of **A.H. Beards range of mattresses** – approved by the Sensitive Choice® program.

A.H. Beard knows if you breathe better – you'll sleep better! So with your health in mind, we've made a range of mattresses designed to protect against dust mites, mould and bacteria.

For more information visit [www.ahbeard.com](http://www.ahbeard.com) or call **1300 654 000**



# the ultimate in insulation for a healthy and energy efficient home.

**Bradford™**  
for smarter environments

Bradford Insulation is exclusively approved by the Sensitive Choice program of the National Asthma Council Australia – with both 'Bradford Gold' and 'Bradford Soundscreen' suitable for use in the homes where family members have asthma and allergies.

**Bradford Gold**, made from glasswool, is the most cost-effective insulation solution for walls, ceilings and floors, with a full range of R-Values to suit all climates.

**Bradford Soundscreen** is a high performance, rockwool insulation with increased noise control for use in internal and external walls, ceilings and between floors.

Established in 1934, Bradford today is Australia's most trusted name in the insulation industry, with a trained national installer network and one of the most comprehensive warranties in the market place – for peace of mind installation.

For more information call Bradford for a free consultation on **1300 850 305** or visit [www.bradfordinsulation.com.au](http://www.bradfordinsulation.com.au)



## FAST FACTS

- Keeps you cooler in summer and warmer in winter
- Saves up to \$200 in energy costs each year
- Reduces your greenhouse gas emissions
- Quiet and peaceful
- Fire resistant
- Lifetime cover on product performance

**CSR**

# Have you changed your family's pillows lately?

Pillows are a perfect breeding ground for allergens such as dust mites, which have been identified as one of the most common triggers for asthma and inflamed airways. The link between good bedding habits and respiratory health cannot be under-estimated.

Tontine's range of Allergy Sensitive pillows and quilts have a natural cotton cover and Bioguard® treated fibre filling. The polyester filling contains an anti-microbial agent which inhibits the growth of bacteria, mould, mildew and dust mites.

By eliminating the places where dust mites can live and breed, you can reduce the amount of allergen-producing materials that may affect people with asthma and allergies.

For more information visit [www.tontine.com.au](http://www.tontine.com.au) or call **1800 630 034**



## FAST FACTS

- Replace your pillows frequently
- Use bedding products and bedding accessories that have an anti-microbial treatment
- Keep the bedroom well lit with natural light and well ventilated
- Hot wash pillows and quilts, not only protectors, on a regular basis
- Regularly air your bedding

Make a Sensitive Choice®

[www.sensitivechoice.com.au](http://www.sensitivechoice.com.au)





## Living with asthma or allergies? Make a Sensitive Choice®



1800 882 592  
[www.hamiltonlabs.com.au](http://www.hamiltonlabs.com.au)

Cleanse and moisturise your skin with **Hamilton Skin Therapy** products that are dermatologically formulated to assist in the care of dry / sensitive skin. Free from soap, sodium lauryl sulphate, fragrance, colour and propylene glycol.

Flush away allergy triggers such as pollen, dust and cat dander with **Narium® Saline Nasal Spray and Drops**, a gentle, non-medicated product you can use as often as required.

And for dry mouth caused by some asthma medications, try **Aquae™ Dry Mouth Spray and Gel**. With a mild, minty taste and no sugar, gluten or alcohol, it's ultra gentle.

Always read the label. Use only as directed.

ASMI 18020-0710

# Smite them dead with Britex!

## FAST FACTS

- Steam cleaning kills 87% of dust mites in carpets, rugs & upholstery
- It's easy - if you can vacuum you can BRITEX
- Millions of satisfied customers over the last 30 years, and conveniently located in over 1,800 supermarkets nationally

VISIT OUR  
WEBSITE  
TO VIEW OUR  
DEMONSTRATION  
VIDEO

When it comes to asthma and allergies, carpets and rugs often get a bad rap. But studies show steam cleaning your carpet reduces the risk of asthma by killing 87% of dust mites!

Professional carpet cleaning can be expensive, so why not **Do-It-Yourself with Britex?** At around \$60 per hire including chemicals, **using Britex four times a year is around the same price as using a contractor once.**

Britex's **exclusive hot water extraction method** removes the toughest, deepest dirt. The specially formulated cleaning solution is injected deep within carpet fibres. Then, a powerful suction extracts deep-down dirt, allergens and dust mites. This provides the deepest possible clean, leaving you with beautifully clean, fresh smelling, carpets, rugs and upholstery.

So smite them dead with Britex – the easy way to look after your family and your carpets.

For more information call **1800 804 973**  
or visit [www.britexcarpetcare.com.au](http://www.britexcarpetcare.com.au) for store locations.





Pop inside for a  
breath of fresh air



You can't control the air quality outside, but you can inside with the new HRV Healthy Home Ventilation system, which purifies and circulates fresh air throughout your home, removing harmful dust, allergens, damp and humidity. The HRV Healthy Home Ventilation system is approved as part of the Sensitive Choice® program.

Call **1800 HRV 123** and visit [www.hrv.com.au](http://www.hrv.com.au) for more information on this simple ingenious way to create a healthier, more energy efficient home.



## Food allergies

The increasing number of children with food allergies is a concern for many parents. While children tend to grow out of the more common allergies to egg, milk and soy in their preschool years, allergies to other foods such as peanuts, tree nuts and shellfish can be life-long.

Your doctor is the best person to help you identify the cause of a food reaction and work out whether it is intolerance or allergy. Knowing which kind of reaction you or your family member has can make a big difference, especially in how strictly you need to avoid the culprit food, so see your doctor to be sure.

Food allergies are an uncommon trigger for asthma and, despite the common misconception, cow's milk and other dairy foods rarely trigger asthma symptoms.



## could it be hay fever?

Mild, ongoing symptoms of hay fever (known medically as allergic rhinitis) can be easy to miss, but untreated hay fever can make you or your family members tired, listless and irritable.

### LOOK OUT FOR

- Runny or itchy nose, throat or eyes
- Frequently blocked nose
- Breathing through your mouth, leading to sore throat, snoring and disturbed sleep
- Coughing, especially when first lying down at night
- Unexplained headaches or facial pain and pressure
- Regularly feeling like you are getting a cold

If you have asthma, having a clear nose is particularly important. An itchy, runny or blocked nose due to allergies can make asthma harder to control. Fortunately, treating the symptoms in your nose and throat can also improve asthma symptoms.

If you think you or your child might have hay fever, talk to your doctor or pharmacist.

Make a Sensitive Choice®

[www.sensitivechoice.com.au](http://www.sensitivechoice.com.au)



# managing your

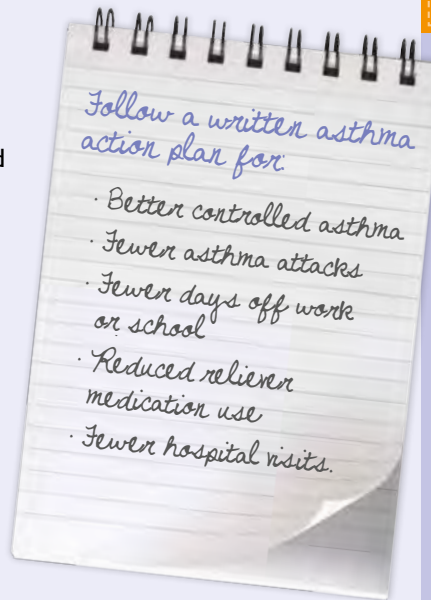
# Asthma

Although asthma is not yet curable, with good management, you can lead a normal, active life.

## IS YOUR ASTHMA UNDER CONTROL?

### Manage your asthma

- Take your asthma medications as instructed by your doctor, even when you feel well
- Work with your doctor and pharmacist to find out what triggers your asthma and avoid your triggers as much as possible
- See your doctor for regular check-ups and work together to monitor and control your asthma
- Make sure that you are using your inhaler (puffer) correctly – ask your pharmacist or check out the online videos at [www.nationalasthma.org.au](http://www.nationalasthma.org.au)
- Follow your written asthma action plan



Good asthma control is having all of the following:

- No night-time asthma symptoms
- No asthma symptoms on waking
- No need for reliever medication
- No restriction of day-to-day activities
- No days off school or work due to asthma
- No asthma attacks or flare-ups

Regularly waking from asthma symptoms or using your reliever medication more than 2–3 times a week (except before exercise) should not be a 'normal' part of having asthma. If this sounds familiar, see your doctor for an asthma review.



The new sensation in deep, restful and healthy sleep.

[www.jaspa.net.au](http://www.jaspa.net.au)

#### STOCKISTS

Jaspa – BIG W, Harris Scarfe and selected Manchester retailers  
Herington – David Jones, Harvey Norman and selected Manchester retailers

**Jaspa Herington's** range ensures a deep, restful sleep, promoting good health.

Using the latest technology to produce high quality, premium bedding products which are distinguished by their very high loft, comfort and design specially produced for people with asthma and allergies.

These products have fillings that are enhanced with **HealthGuard** or **Ultra-Fresh**, anti-microbial treatments. This treated filling deprives dust mites of their food source and thus prevents them from multiplying in the bedding. As dust mites are one of the major allergic triggers for asthma, any products that offer a dustmite reduced environment will help provide a healthier and happier nights sleep.

Offering a complete range of bedding products including pillows made from polyester, foam and feather & down. Quilts made from polyester, feather & down, and underlays made from foam. Rest assured, with **Jaspa Herington** you'll make the right decision.



# More approved quality Sensitive Choice® products.



Allergen proof mattress, pillow and quilt encasings. Scientifically proven and approved by TGA.

For more information, please visit [www.allerlux.com.au](http://www.allerlux.com.au)

Call (03) 9509 5109 or email [info@allerlux.com.au](mailto:info@allerlux.com.au)



If your family is living with asthma and allergies, using ComfortCHOICE® underlay for your carpet will assist in the trapping of dust particles and bacteria making the home a more pleasant environment.

[www.carpetchoice.com.au](http://www.carpetchoice.com.au)



Daikin is a world leader in air conditioning, focusing on bringing climate controlled comfort to places where people live, work, meet and relax.

To locate a Daikin Specialist Dealer visit: [www.daikin.com.au](http://www.daikin.com.au)



Dunlop Foams commenced manufacture of prepolymer-based polyurethane foams in Australia and New Zealand in the 1960s, and has always been at the forefront of this technology and product innovation.

[www.pacificbrands.com.au](http://www.pacificbrands.com.au)



Dyson vacuum cleaners feature unique technology that doesn't lose suction, to pick up more asthma triggers, clean after clean.

Find out more at: [www.dyson.com.au](http://www.dyson.com.au)



The professional cleaners of carpet, upholstery and mattresses, specialising in the removal of allergens and other asthma triggers in your home.

Not registered with SensitiveChoice® in Sydney.

[www.electrodry.com.au](http://www.electrodry.com.au)



Since 1931, Godfreys has been the floor care specialist. At Godfreys we offer our customers choice, value, service and expertise.

[www.godfreys.com.au](http://www.godfreys.com.au)



LG a global leader of home appliance innovation, strives to combine stylish design and smart technology to enhance the needs of consumer's every day modern lifestyle.

[www.lg.com.au/steam](http://www.lg.com.au/steam)



The home of Australian quality wool bedding – specialising in quilts, underlays & pillows. Independently tested for proven control of dust mites.

[www.minijumbuk.com.au](http://www.minijumbuk.com.au)



Axis Pacific protectors use natural cotton covers treated with Ultra-Fresh® – a leading anti-microbial that protects against dust mites, bacteria, mould & the allergens they cause. Available at Myer.

[www.aaxispacific.com.au](http://www.aaxispacific.com.au)

Make a Sensitive Choice®

[www.sensitivechoice.com.au](http://www.sensitivechoice.com.au)



Make sure they're  
**Sensitive Choice**<sup>®</sup>  
 approved products



Next time you are shopping for your family,  
 look for products with the **BLUE BUTTERFLY** symbol.  
 They're approved for people with asthma and allergies.

Companies supporting asthma care include:



The National Asthma Council approves products and services for inclusion in the Sensitive Choice<sup>®</sup> Program where those products and services may have potential benefits for people with asthma and/or allergies, and makes no representations or warranties with respect to those companies that manufacture products or provide services that have or may have potential benefits for people with asthma and/or allergies, and have not been included in the Program.



[www.sensitivechoice.com.au](http://www.sensitivechoice.com.au)

