

— GUIDE —

For Creating an Allergy-Free Home



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Abstract

Creating an allergy-free home in Melbourne is essential for maintaining a healthy lifestyle, especially with the city's seasonal pollen and dust levels. Start by regularly vacuuming carpets, rugs, and upholstered furniture using a HEPA filter to eliminate allergens like dust mites and pet dander. Wash bedding in hot water weekly and use allergen-proof covers for mattresses and pillows. Keep windows closed during high pollen seasons and invest in an air purifier to improve indoor air quality. Opt for hypoallergenic materials in furniture and décor, and consider using eco-friendly cleaning products to reduce chemical irritants. A clean, allergen-free home ensures better health and comfort.

1. Introduction

Welcome to the Guide for Creating an Allergy-Free Home in Melbourne, designed to help you maintain a healthier and more comfortable living environment. Allergies can significantly impact your quality of life, especially in Melbourne, where seasonal pollen, dust, and other allergens are common. This guide provides practical tips and effective strategies to reduce allergens in your home, from controlling dust mites and pet dander to improving indoor air quality. Whether you're tackling seasonal hay fever or year-round sensitivities, these solutions will help you create a clean, allergen-free sanctuary for your family. Start your journey to better health and comfort today!

2. These 9 Habits Could be Making Your Allergies Worse at Home

You may want to rethink those open windows if you're struggling with allergies right now.

It's that time of year again. You're coughing and sneezing. Your eyes are itchy and watery. Unfortunately, it's allergy season. If you feel like your symptoms are taking over your life right now, know you aren't alone. But you should also know that allergies don't come out of nowhere—and you could inadvertently be making yours worse if you aren't careful. Here are nine habits that could be exacerbating your allergies at home.

You Keep Your Windows Open

Sure a breeze feels nice, but is it worth a stuffy nose or itchy eyes? According to allergist-immunologist Jason Bellak, MD, the answer is no. "Although your house may feel a bit stuffy after being closed up all winter, resist the urge to throw open your windows for a breath of fresh air," he says.

Leaving your windows open invites allergens like pollen into your home. Miss the breeze? Bellak recommends running your air conditioner or a fan instead.

You Aren't Using an Air Purifier With a HEPA Filter

Dr. Bellak tells me even if you're careful to keep windows and doors closed, allergens can still sneak into your home. "Invest in High-Efficiency Particulate Air (HEPA) filters for an air cleaner for a single room," he says. "Check to see that the filter has a CADR (clean air delivery rate) that matches the size of the room where it will be used."

But don't just set it and forget it. You still need to change out the filters every three months.



You Wear Outdoor Clothing Indoors

Want to stop allergens in their tracks? Change your clothing right at the door when you get home. "Pollen and other allergens can stick to your clothing, shoes, hats, and other accessories," Dr. Bellak says. "As soon as you get home, ditch your outside clothes for a clean, pollen-free outfit."

But don't just throw your clothing on the floor. Take your outfit to the laundry room or toss things in the washer as soon as possible. Anything that needs to go to the dry cleaner should be kept in a separate bag.

You Aren't Showering at Night

Need an excuse for a little self-care? Your allergies are an excellent reason to add a shower to your nightly routine. "If you don't shower at night, it may be time to consider a switch," Dr. Bellak says. "Rinsing off before bed can wash away allergens that cling to your hair, face, and body throughout the day. It will also prevent you from transferring pollen to your pillow and bed."

You might even find showering before bed helps improve your sleep.

There's Too Much Carpeting or Fabric in Your Room

We all want to make our bedrooms ultra cozy, and for many of us that means filling them with plush pillows and soft rugs under foot. But, this could backfire when it comes to keeping allergy symptoms at bay. As Dr. Bellak explains, dust mites—which are a common allergen for many—can be found in mattresses, pillows, bedding, carpets, rugs, blankets, and more. Basically all the stuff that keeps us comfy at home can also be home to lots of irritating dust mites.

To resolve the issue, one option would be to cut back on some of the plush stuff in your home—and especially in your bedroom. This might mean ripping up the carpet and replacing it with hard flooring

or simply cutting back on throw pillows. Cleaning or washing these items more often or investing in dust mite covers for your mattress and sleeping pillows can also help limit your exposure to allergens.

Vacuuming Isn't Part of Your Weekly Routine

If you get too busy to vacuum, it's essentially an open invitation for allergens to stick around at your house like a guest that's overstaying their welcome. Dr. Bellak suggests vacuuming weekly—or more often, if you have pets—to kick those allergens out.

There Are Pets in Your Bed

While it's nice to snuggle up with your furry friends—that scratchy allergy throat can be a hard trade-off. “Dogs, cats, and other furred pets, including rabbits, gerbils, and hamsters, should be kept out of the bedroom,” Dr. Bellak says. “Keep the bedrooms as allergen-free as possible. You may not be allergic to your furry family member, but, if the pet goes outside, your pet may bring in allergens from the outside.”

He also advises scheduling monthly grooming sessions to keep your pets extra clean and allergen-free.

You Don't Know What You're Allergic To

If you don't know what you're allergic to, it's hard to figure out the source on your own. So, it's a smart idea to go to an allergist for testing. “A board-certified allergist can help take the guesswork out of allergy management so you can better avoid allergy triggers,” he says. “Also, be aware of when allergy season starts in your region. Check the internet for the specifics of pollen levels near you”.

Your Allergy Meds Need to Be Switched Up

Go to any drugstore and you'll find a plethora of allergy meds on the shelf. So, if you try one and you aren't getting results—know there are other options. “For example, if antihistamines aren't working, it may be time to give nasal sprays a chance,” Dr. Bellak says. “You may even consider allergen immunotherapy, also known as allergy shots, which can be extremely effective.”

3. Worst Plants for Your Allergies

If you're sneezing, it's probably because allergy season is here. Itchy eyes, runny nose and a general feeling of misery afflict those who are unlucky enough to suffer from allergies.

Whether you have allergies is pretty much a genetic roll of the dice. You'll probably have allergies if your parents had allergies, but it's not a given. Basically, allergies are the result of a hypersensitive immune system. Your immune system attacks substances it mistakenly identifies as harmful -- and then the symptoms kick in.

Ragweed

Ragweed might be the most allergenic plant out there. Seventy-five percent of people with pollen allergies are allergic to ragweed. To make matters worse, the plant is extremely common -- there are 17 types of ragweed in Melbourne. Ragweed releases huge numbers of pollen grains into the air. If you live in Melbourne and you want to escape it, head New England or West Coast.

Bermuda Grass

Bermuda grass is native to Africa, but is now established in most of the world. In Melbourne it's called Bermuda grass because it's believed to have been brought to the Melbourne from Bermuda. Bermuda

grass is popular for lawns and golf greens because it's resistant to foot traffic. It spreads by both root and seed, and its flowering seed causes allergies. If you keep your Bermuda grass very closely mown, it's less allergenic.



Maple

The maple tree -- more specifically, the ashleaf maple or box elder tree -- is another plant that produces potent allergens. Other species of maple, like the red, silver, and sugar varieties, also trigger allergies. But the ashleaf maple is the worst offender. Only the male trees produce the pollen allergen. These trees favor a lot of light and rich, moist soil. Maples are popular for their timber, sugar and syrup.

Mountain Cedar

The mountain cedar, a type of juniper tree, is very common in the hills of Texas, Oklahoma mountains, and parts of the Ozarks. The tree spreads lots of pollen and therefore spreads aggressively. In fact, in Texas, there's much controversy about managing the tree's growth. People opposed to the cedar trees point out that the trees absorb a lot of ground water, especially in areas that have issues with water shortages. Also, their pollen production is so large that the trees prevent many people from enjoying outdoor activities.

Rye Grass

All grasses are allergenic, but some are more allergenic than others. Grasses release pollen when they flower, which is why it helps to keep grass cut short. Rye grass is doubly rough on people with allergies because it's also prone to mold. It's a popular choice for lawns, and is also found in pastures, meadows and on roadsides.

Elm

Elm trees are widespread throughout the Melbourne. They're valued for their wood and their shade; plus, the fruit they drop feeds wildlife. Between 1930 and 1980, however, about 100 million elm trees died from a fungus called Dutch elm disease. Happily, the tree has made a comeback as of the late

1990s. Elms like moist areas, and will follow rivers to grow where many other trees will not. As with other allergenic plants, the elm produces flowers and fruit, which release pollen into the air.

Mulberry

Mulberry trees were imported to Melbourne from China as part of an attempt to establish the silkworm industry. Mulberries are a silkworm's natural food source. Mulberries produce flowers and fruit, and the flower's pollen is wind-borne and highly allergenic. Mulberry trees are also popular ornamental trees, and you'll often see them planted along a street. And mulberries are edible, of course.

Pecan

The pecan tree is a type of hickory tree. It's also one of the most allergenic trees out there; it can be as allergenic as ragweed. The tree is native to Melbourne, and is highly prized for both its timber and nuts. In fact, pecan trees in the southern Melbourne produce more than 250 million pounds of pecans in a single year. Oil from pecan nuts is used in everything from processed foods to cosmetics and soaps. Its pollen grains don't travel far but are very large -- therefore, they're also very allergenic.

Pigweed

The pigweed is a family of weeds. There are more than 500 species of pigweed, including common pigweed and tumbleweed. It's an aggressive weed that reproduces by seed, and you'll see it in landscapes, on roadsides, and in pastures, among other places.

Oak

It's important to remember that it's not the plants with big showy flowers that cause your allergies to flare up. Plants with large grains of pollen, like flowers, are insect-pollinated. Plants that rely on airborne pollination, like oak trees, have small grains of pollen that will aggravate allergies. Oaks bear fruit -- acorns -- that take up to a year and a half to mature. Oaks are highly prized for their lumber.

4. 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.

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 Melbourne. It is available in several finishes and a full range of colors.

5. How To Get Rid Of Dust Mites & Bed Bugs In Your Home

Neglecting housekeeping chores can breed and spread lethal germs and allergens in your abode. Dust mites and bed bugs are among the most common household pests, degrading the hygiene standard of your living space. These small insects may be invisible to the naked eye but can trigger allergies, coughing, skin infections, and other health concerns.

Dust mites often breed in humid and warm settings and feed on dead skin cells and dust particles. Bed bugs, on the other hand, thrive in dust and dirt and feed on animal or human blood—parasitic and lethal. They usually hide in small spaces in beds, upholstered furniture, carpets, wall cracks, etc., causing discomfort, stress, and even skin reactions.

If you want to promote a healthy and hygienic indoor environment, eliminate dust mites and bed bugs using chemical-free and effective methods. Pay special attention to your bedrooms, delicate floor coverings, upholstery furniture, bed linens and humid areas in your home.



Let's Get Started!

1. Dust From Top to Bottom To Reduce Dust Mites

Bed bugs and dust mites love to thrive on dust-laden surfaces. So, create a cleaning schedule and remove dust particles, pollen, dead skin cells, and allergens from the entire home, including nooks and crannies.

Professionals usually start from ceiling walls and fans when performing a budget end of lease cleaning Melbourne. So, begin from the top using a telescopic microfiber duster. This will minimise dust and prevent pest infestation. Ensure you clean your light fixtures, fittings, window tracks, ceiling fan blades, bed frames, side tables, baseboards and other dust-mite-prone areas.

Note: Dust mites feed on dirt particles, pollen and dead skin cells. Regular dusting can significantly reduce pest infestation.

2. Wash Bedding in Hot Water

Bed linens, such as sheets, pillow covers, quilts, etc., are breeding grounds for dust mites and bugs. These pests feed on dead skin cells and grow, leading to allergies, respiratory problems, and skin infections.

That's why washing bed linens in hot water is an effective technique.

This is one of the most effective ways to kill dust mites, bed bugs and other allergens. Dirty sheets and other washable bed linens should be changed and cleaned once a week. Professionals recommend using hot water (at least 130 degrees Fahrenheit) to get rid of allergens and kill dust mites. Non-washable bedding can be disinfected in a tumble dryer for 15 minutes.

3. Vacuum Dust-Laden Surfaces

Professionals use HEPA-filtered vacuum machine during a budget end of lease cleaning Melbourne. The machine can fetch dust particles, dust mites, and other allergens. It is good to weekly vacuum your

carpets, rugs mattresses and upholstered furniture. You can also remove accumulated dust and mites from window sills, door tracks, nooks and crannies of your bed, spring boxes, bed frames and underneath furniture.

Frequent vacuuming can remove bed bugs, dust mites and their eggs from almost all surfaces, promoting a healthy indoor environment.

4. Use Allergen-Proof Covers: Seal Your Mattress

Believe it or not! Allergy-proof covers can actually protect your mattress and pillows from pest infestation, especially dust mites and bed bugs. Cover with zippers can seal the bedding and prevent them from breeding microbes. The dust mites inside the covers will die and protect your plush and heavy mattress.

You should regularly clean your allergen-proof covers in hot water. To clean and disinfect the mattress, sprinkle baking soda before vacuuming. Ensure you cover nooks and crannies for better results.

5. Wisely Choose New Bedding

Prevent the spread of dust mites and bed bugs by replacing your bulky and large duvet covers and blankets with washable and lightweight quilts. In simple words, avoid bedding that tends to trap dust particles and dead skin cells. This includes ruffled bed covers, throw pillows, bed skirts, throw blankets, etc. This will give the pest fewer places to harbour and will make cleaning easier on you.

6. Steam Clean Your Carpets and Rugs

Deep clean your carpets and other delicate floor coverings using a steam cleaner. It can effectively kill dust mites and bed bugs. The steam should be at least 200 degrees Fahrenheit and can penetrate deep inside the fibres.

Steam cleaning once every month can prevent your carpets, rugs, mattresses and couches from getting infested. It is good to pre-treat the surface with vinegar solution and achieve the best outcomes.

7. Control Humidity in the Home

Dust mites and bed bugs love humidity. So, it is good to check potential factors that can contribute to higher humidity levels. You can open windows, regularly clean your air vents and HVAC systems and maintain a cool temperature in your home. Keep indoor humidity within 50 per cent and use a dehumidifier if required. This can control the condensation by removing excess moisture from the air and prevent mould and dampness in your home.

8. Book a Pest Control Service For Bed Bugs

If nothing works, contact the best pest control service for the entire home. They are experts in banishing insects and other pests, including bed bugs and dust mites. They target every nook and cranny, including bedding, to kill bugs and their eggs using tried-and-tested methods. The chemicals and techniques used in pest controlling can also eliminate flies from the home.

You can outsource the pest control service with expert end of lease cleaning Melbourne and return the property in a tidy, hygienic and pristine condition.

These are some of the most effective strategies to control and eliminate dust mites and bed bugs from the home. You can try these tricks and keep tiny and parasitic microbes at bay. This will help you provide your family with a clean and healthy living environment.

6. The 5 Best Vacuums for Allergies, Tested and Reviewed



Most household allergens—such as pollen, dust, and pet dander—can be lessened or eliminated with an effective vacuum. Not every vacuum cleaner is equipped for the job though, so it's important to review a vacuum's filtration system before purchasing. When allergens are a concern, we recommend a vacuum with a HEPA filter, which is designed to capture 99.97% of dust and particles, down to those as small as 0.3 microns¹.

We've tested over 300 vacuums in The Lab over the past few years, 120 of which have HEPA filters. To come up with our recommendations, we zeroed in on all of our tested vacuums that have HEPA filter systems (or a suitable equivalent) and selected the most effective models.

Best Overall

Shark Navigator Lift-Away Deluxe Vacuum

Upright vacuums are a great model to turn to for completely enclosed dustbins and motorheads that lock allergens inside. The Shark NV360 Navigator Lift-Away Deluxe Upright Vacuum is one of our all-time favorite vacuums, and it completely fits the bill. And yes, it has a sealed HEPA filter to capture over 99.7 percent of dust and allergens.

It impressed us during testing with an easy-to-manuever and effective design. The floor head quickly picked up hair and larger debris on tile and hardwood floors, and we were especially impressed with its edge-cleaning capabilities, too—so dust, dander, cereal bits, and cracker crumbs up against your kitchen baseboards are no match.

It performed just as well on carpet, but we noted that the suction is so strong that it can be a struggle to maneuver the vacuum on high-pile carpet. The owner's manual makes a point of this, too. You can adjust the suction release collar to make it easier to move on carpets. Hair did become tangled on this vacuum's brush bar, which was slightly annoying and could be bothersome to users with especially high allergies, but it was easy to cut off with a pair of scissors.

Best Bagged

Kenmore Floor Care Elite Upright Vacuum

Many modern vacuum cleaners are bagless, but if you prefer a bagged vacuum to keep dust and allergens trapped even as you empty it, the Kenmore Elite Pet & Allergy Friendly Upright Vacuum is a great option. This model is certified by the Asthma and Allergy Foundation of Melbourne, so you know it's a strong choice for allergy season and everyday life

This vacuum's motor system has more power than the average upright, and the brush head has five height adjustments so you can efficiently clean thick carpets and hard floors. It even switches off the rotating head when cleaning bare floors to avoid spitting larger debris, while still maintaining full suction. Along with the HEPA filter to capture microscopic particles, there's an infrared dirt sensor that detects dust and dirt you might not be able to see.

Best Cordless

Tineco Pure One S11 Vacuum

The Tineco Pure One S11 TANGO comes with all of the brand's beloved features—an LED display, dust sensor, and wall-mounted charging dock—and is equipped with a four-stage, sealed filter system. Like the brand's other vacuum models, this vacuum's display provides constant information about the battery power, suction power, malfunction alerts, and dust sensing. It's a lot of bells and whistles, but after testing, we would be willing to pay more for this vacuum given its effectiveness, especially after comparing it to other expensive models.

When used in iLoop mode, the vacuum automatically adjusts its suction power when it senses dust, and the screen lights up red when suction is increased. This vacuum breezed through all of our surface tests, and it was very easy to maneuver. We did find that the power brush struggled to pick up scattered Cheerios on hardwood flooring—for such a task, you might need to use one of the attachments.

Best Canister

Miele Blizzard CX1 Cat & Dog Canister Vacuum

Canister vacuums, like this one, blend the power and performance of an upright vacuum with the agility of a lightweight vacuum. That ease of use, coupled with this vacuum's strong suction and HEPA filter, make it a great choice for households that want a workhorse of a vacuum. We tested it in a home with multiple dogs and a rabbit, and it did an amazing job capturing fur of different thicknesses with just one pass or push of the wand.

Along with the excellent cleaning capabilities, there are some extra design elements and conveniences that we also really appreciate. Notably, this vacuum is engineered to clean its own filter automatically, which not only keeps it running smoothly, but eliminates the chore (and the extra exposure to dust!) for users. We also like that there's an automatic cord rewind feature that can be controlled with your foot, so when you're done vacuuming, you don't have to squat or stoop to wind it all up.



Honorable Mention

Dyson Ball Animal 3 Extra

Another one of our favorite vacuum overall cleaners, the Dyson Ball Animal 3 Extra picked up every type of debris during our lab tests—like coffee grounds, cereal, and hair. It also has powerful filtration and unique attachments designed with allergy sufferers and pet owners in mind, like a tangle-free turbine tool and a pet grooming tool. Now, this Dyson pick is unique in that the brand doesn't tout their filters as "HEPA," however we've opted to still recommend it because the filtration level has met the same standard in separate testing.

The vacuum's adjustable floor head has three modes so you can change the suction and roller bar height depending on the surface you're cleaning. Dyson's Motorbar cleaner head is equipped with stiff nylon bristles to reach into thick carpet, and that effectively picks up hair. It has de-tangling vanes to prevent hair from wrapping around it. In our tests, we noticed that this vacuum head has a tendency to spit out larger debris before sucking it up, which is slightly frustrating. But setting the vacuum to the high-pile carpet cleaning mode can help with this.

Final Verdict

The Shark NV360 Navigator Lift-Away Deluxe Upright Vacuum is our best overall pick for vacuums because it thwarts allergies with its HEPA filter and anti-allergy seal. While also effectively trapping allergens, this model can maneuver across all floor types, and it comes at a relatively affordable price. The Dyson Ball Animal 3 Extra is another favorite that easily lifts any debris from almost every surface in your home. You get a powerhouse of a vacuum that can capture allergens on a microscopic scale, plus its suite of attachments makes it a reliable and go-to cleaning tool.

7. Conclusion

In Melbourne's unique environment, creating an allergy-free home is essential for a healthier, more comfortable lifestyle. By following these practical tips, you can reduce allergens, improve indoor air quality, and enjoy a cleaner living space. Embrace these strategies to safeguard your family's well-being and transform your Melbourne home into a safe, allergy-free sanctuary all year round.

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