



# CARPET. A BLUEPRINT FOR BETTER HEALTH.

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## The Facts about Carpet and Asthma and Allergy For Architects, Designers, and Builders

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The reality is, when it comes to carpet and asthma and allergy symptoms, research has shown that carpet is better at controlling allergens and better at reducing symptoms than other flooring alternatives.

### What You Should Know

- A 15-year Swedish study found no link between carpet usage and the incidence of allergy or asthma. In fact, when carpet usage in Sweden decreased by 70 percent, allergy reactions in the general population increased by 30 percent.<sup>1</sup>
- Also, an 18-nation study of nearly 20,000 people found a statistical relationship between carpeted bedrooms and reduced asthma symptoms and bronchial responsiveness.<sup>2</sup>
- A possible explanation: carpet acts like a filter, trapping allergens away from the breathing zone so they can be removed through proper vacuuming and deep cleaning extraction. For best results removing pollutants trapped in carpet, use CRI Seal of Approval vacuums and CRI Seal of Approval cleaning products and systems. Find out more at [carpet-rug.org](http://carpet-rug.org).
- Since properly maintained carpets do not exacerbate allergy and asthma –and may even reduce symptoms– you should feel comfortable recommending carpet for green building projects.



Visit [carpet-rug.org](http://carpet-rug.org) to learn more.



<sup>1</sup> Shishoo, R. and Borjesson, A. 1996. Allergy claims 'unproved'. Carpet and Flooring Review (January5).  
<sup>2</sup> Zock, J.P., D. Jarvis, C. Luczynska, J. Sunyer, and P. Burney. 2002. Housing Characteristics, reported mold exposure, and asthma in the European Community Respiratory Health Survey, Journal Allergy and Clinical Immunology 110 no.2:285-292. Community Respiratory Health Survey, Journal