

Eco Cleaning Services Shares 5 Spring Cleaning Tips to Reduce Indoor Allergens

Eco Cleaning Services in Naperville releases expert tips to help homeowners reduce allergy symptoms during spring through targeted cleaning practices.



Naperville, Illinois May 22, 2025 ([Issuewire.com](https://www.issuewire.com)) - With allergy season in full swing, Eco Cleaning Services, a residential cleaning company based in Naperville, has shared a set of expert-recommended cleaning tips designed to help reduce common indoor allergens. The company announced these practical steps in response to growing health concerns related to seasonal allergies and poor indoor air quality.

“Most people focus on outdoor pollen, but indoor allergens such as dust mites, pet dander, and mold spores are just as problematic,” a spokesperson from Eco Cleaning Services stated. “With a few simple adjustments, homeowners can significantly reduce allergy triggers in their living space.”

According to the company, the following five cleaning strategies are particularly effective during the spring season:

1. Wash Bedding and Curtains Weekly in Hot Water

Fabric surfaces trap pollen and dust. Washing sheets, pillowcases, and curtains in water above 130°F (55°C) helps eliminate allergens that accumulate over time.

2. Use a HEPA Vacuum Followed by Steam Cleaning

Carpets and rugs collect fine particles. HEPA-filtered vacuums capture allergens effectively, while steam cleaning further sanitizes deeper layers.

3. Replace or Clean Air Filters Regularly

HVAC systems often circulate allergens back into the home if filters are not maintained. Filters should be changed or cleaned every 30 to 60 days in allergy-prone households.

4. Keep Windows Closed During High Pollen Days

Although fresh air is desirable, keeping windows open on days with high pollen counts allows allergens to settle indoors. Using air purifiers can be a safer alternative.

5. Choose Non-Toxic, Unscented Cleaning Products

Strong fragrances and chemicals may irritate the respiratory system. Eco-certified, unscented cleaning agents reduce indoor air pollution and support respiratory health.

Eco Cleaning Services provides [eco-friendly residential cleaning in Naperville](#), Downers Grove, and surrounding areas. The company emphasizes the use of non-toxic products and detail-focused methods for families sensitive to allergens, children, or pets.

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