

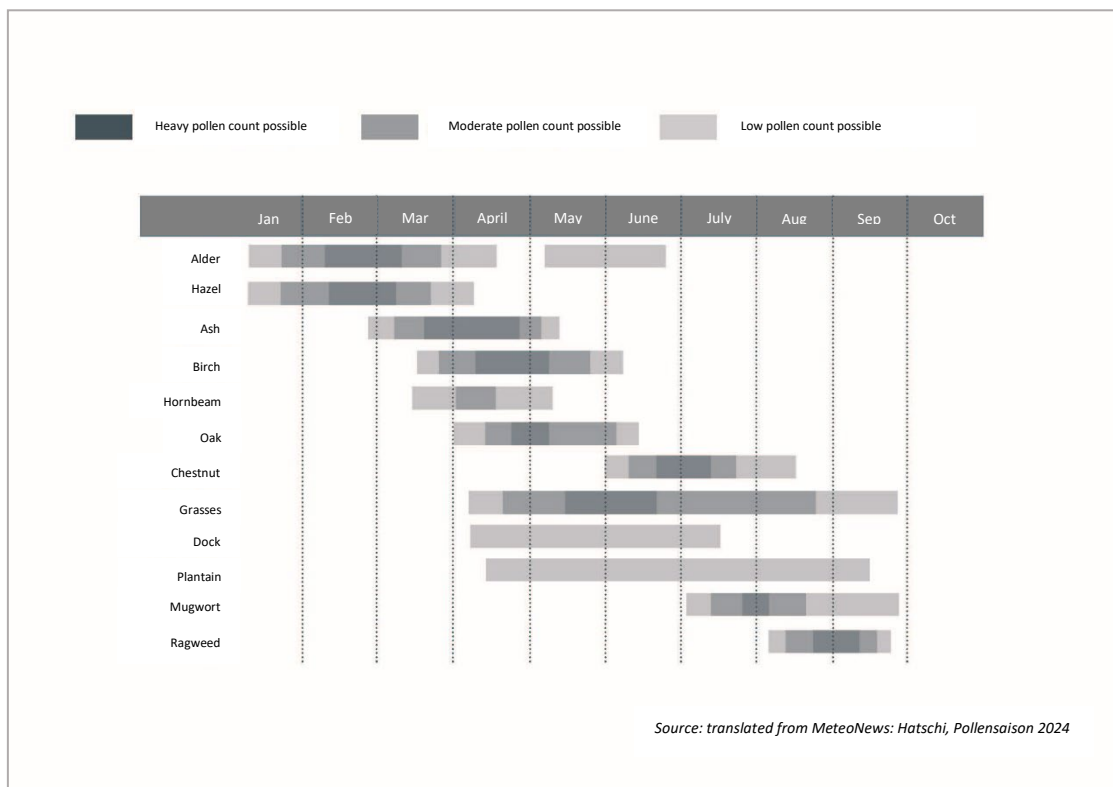
Press release

It's pollen season again: Tips for allergy sufferers

Ulm, 13 May 2024 – As spring returns, pollen season is also in full swing – a time of year associated with allergic reactions for millions of people worldwide. To help allergy sufferers get through these challenging weeks and months Beurer, leading provider of health and well-being products, offers a range of air purifiers which reliably remove pollen and other allergenic particles from the ambient air.

The problems commonly experienced during pollen season include itchy, red or watery eyes, sneezing, a blocked or runny nose, coughing, a rash, and itchiness. This is when it becomes particularly important for allergy sufferers to be aware of proven methods to relieve the annoying symptoms. Even **simple tips** can help and make everyday life easier.

1.) Monitor pollen patterns: Pollen season is different in individual regions and also varies based on what plant type is prevalent. Find out about pollen forecasts in your region to know when levels are highest. Plan outdoor activities for days with a low pollen count. A pollen calendar will give you a good overview of allergenic plants and their flowering times.



- 2.) **Limit exposure:** Try to limit your time outdoors when pollen counts are high; and keep windows and doors closed to minimise pollen ingress into your home, especially on windy days. Wearing sunglasses while out and about can help protect your eyes from pollen.
- 3.) **Keep clothes and the home clean:** Pollen also settles on textiles and the skin, so it is a good idea to take a shower and change your clothes after you have been outside. It is also advisable to regularly clean your living space, including vacuuming and wet mopping to remove allergens.
- 4.) **Use an air purifier:** A high-quality air purifier can help with allergies by ensuring clean, healthy air in your own home. Models with HEPA (High Efficiency Particulate Air) filters are a highly effective way of fighting allergens. As well as pollen they also filter other pollutants from ambient air, such as domestic dust, animal hair, odours, harmful gases and various viruses and bacteria.

Beurer offers a variety of air purifiers equipped with a three-layer filter system that includes a HEPA H13 filter to effectively filter the air and provide relief for allergy sufferers. They achieve filtration performance of up to 99.95%*. Devices such as the new [LR 401 Air Purifier](#) are easy to use, quiet in operation and equipped with various fan speeds as well as a smart sensor that can detect and remove even the smallest particles from the air.



The app “beurer FreshHome” enables convenient control. In automatic mode, the LR 401 Air Purifier autonomously adapts its cleaning performance based on the ambient air and in doing so delivers ideal air quality in rooms up to approx. 69 m².** Whether in bedrooms, the workplace or your home office, healthy ambient air can noticeably improve well-being.

Further tips for allergy sufferers and on enjoying healthy, clean ambient air can be found in the [Beurer health guide](#) (in German).

*Tests show: A three-layer filter system with HEPA H13 filter removes at least 95% of particles with a size of 0.02 µm. For particles ≥ 0.3 µm in size, the filtration performance is as high as up to 99.95%. For comparison: According to the German Federal Centre for Health Education, viruses are generally 0.02-0.3 µm in size (<https://www.infektionsschutz.de/infektionskrankheiten/erregerarten/viren.html>, site in German).

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About Beurer

Beurer was founded in 1919 in Ulm and is synonymous with health and well-being. Today, the family-run company leads the way in several areas of this segment. Originally a manufacturer of heat pads and heated underblankets, the company has grown into a full-range supplier offering more than 500 products. Beurer offers various products for use at home in the categories of health, wellbeing, beauty, personal care, home, fitness and baby, including blood pressure and blood glucose monitors, clinical thermometers, pulse oximeters, nebulisers, hearing amplifiers, daylight therapy lamps, insect bite healers, a mobile ECG device and an emergency wristband, as well as products for pain therapy and women's health. The range also covers the areas of flexible heating, weight & diagnosis, air & aroma, massage & shiatsu and sleep & rest. What's more, Beurer offers various beauty products in the categories of FaceCare, BodyCare, HairCare, hair removal, manicure & pedicure, as well as a men's grooming range and electric toothbrushes in the personal care category. The company offers a range of fitness products in its Antelope by beurer and Physioline product groups, along with numerous abdominal muscle trainers. The baby category contains special products adapted to the needs of children, babies and their parents. With its "Connect" product group, the health specialist offers a wide range of apps that can be combined with Beurer products and make everyday life easier. Around 1,700 employees worldwide and a global distribution network spanning more than 100 countries ensure the company's ever-growing success. You can find more information at www.beurer.com.