

METHODS FOR AVOIDING YOUR ALLERGENS

You can help keep your allergies under control by avoiding whenever possible the specific inhaled allergens that cause you to react. Below are some avoidance and environmental control strategies for the different triggers known to cause allergies.

To avoid/control dust mites:

- Cover mattresses and pillows with allergy-proof casings
- Wash bedding in hot water (>130 F) every week
- Remove wall-to-wall carpeting, especially in the bedroom
- Remove upholstered furniture
- Do not use ceiling fans
- Keep household humidity low (<50%)

To avoid/control animal dander:

- Keep furry pets out of the bedroom at all times and outdoors as much as possible
- Use a high-efficiency particulate air (HEPA) filter in the bedroom
- Remove wall-to-wall carpeting
- Bathe pets and wash pet bedding weekly

To avoid/control cockroaches

- Have a professional exterminate your house (use non-pyrethrum-based insecticides)
- Control their food supply

To avoid/control mold

- Eliminate moisture and high levels of humidity indoors (>35%)
- Do not use humidifier or else clean them with bleach
- Repair water leaks
- Check basement, attic and crawl space for mold and moisture

To avoid/control exposure to pollen

- Check pollen levels during allergy season
- Stay indoors during peak pollen counts
- Keep car and house windows closed and run air conditioners
- Avoid mowing lawn and raking leaves
- Clean furnace and air conditioner filters often.