

30 WAYS TO LIMIT YOUR EXPOSURE TO ALLERGY TRIGGERS

- 1) Wash your hair before bedtime during *pollen* season.
- 2) To avoid outdoor *pollens* clinging to your newly washed clothes, use a clothes dryer, not a clothes line.
- 3) Wash your hands after being around animals.
- 4) Leave a night light on in closets or other dark storage places to *reduce mold* and mildew.
- 5) *Pollen levels* are highest early morning and late afternoon: avoid pollen by staying indoors at those times.
- 6) Change and wash your clothes immediately after being around animals.
- 7) Use bedding encasements on pillows and mattresses to reduce *dust mite allergen* contact and wash all bedding (including encasements) weekly in hot (130') water.
- 8) Maintain an indoor humidity level between 25-50% and use a dehumidifier to reduce chance of *mold*.
- 9) Change furnace filters once a month; better yet, invest in specialty filters that block *airborne allergens*.
- 10) If you're *allergic to stinging insects*, avoid bright colored clothing, perfume, scented hairsprays, scented body lotions, picnics and barbecues – all attract stinging insects.
- 11) Use a damp clean cloth to dust rather than dry dusting and don't use "feather" type dusters - they spread dust.
- 12) Wear dust masks if vacuuming or cleaning to avoid allergens.
- 13) Have a pet? Close off bedroom vents if you have forced air heating/cooling to avoid *pet dander* entering the room.
- 14) *Indoor mold* should be killed with a solution of 9 parts water to 1 part bleach. Test fabrics for colorfastness first. Bleach odors irritating? Use Hydrogen Peroxide instead; not as effective, it will still kill some bathroom surface molds.
- 15) Never allow *smoking* inside your home or car. The smoke clings to your hair, clothing and furniture and others can inhale it; second hand smoke is more harmful than smoking itself.
- 16) Set your car AC controls to recirculate and keep windows up in order to keep *pollen* out.
- 17) Avoid window fans which draw *pollens, dust and mold* into the house.
- 18) Plan your vacation during your high pollen count seasons, but go to places with a low pollen count.
- 19) If you have asthma or life-threatening allergy, wear a medical alert bracelet or necklace.
- 20) To help avoid *animal dander allergens*, if you MUST have a pet, choose pets without fur or feathers.
- 21) Pets can transfer *poison oak, ivy or sumac* to you; these irritants cling to their coats yet don't bother the animal. Shampoo your pets and wash your own clothes if you or they have come in contact with these irritants. The irritants in these plants can live indefinitely on clothing or pet fur if not washed away.
- 22) Avoid using *insecticides or pesticides* indoors or out; if you must use them indoors, ask a non-allergic person to spray and air out the house for several hours before re-entering if you have allergies.
- 23) Painting indoors or getting new furniture or carpeting? Air the home thoroughly for several days before re-entering if you have allergies and try to use latex rather than oil-based paints.
- 24) Avoid using fireplaces, wood or kerosene stoves and being around campfires or charcoal grills if you have allergies. ALL smoke can be an irritant.
- 25) Avoid outdoor exercise or playing outdoors on windy days if you have pollen, mold or dust allergies.
- 26) Use a vented fan in the bathroom when bathing to eliminate humidity and potential *mold growth*.
- 27) Clean the drain pan under your fridge regularly; it's a haven for mold, roaches and dust.
- 28) Seal holes around pipes and close drains when not in use to keep *roaches*, a strong allergen, out.
- 29) If you can't part with your furry pets, keep them outdoors as much as possible and always out of bedrooms.
- 30) If you can, replace home carpeting with tile, wood or ceramic flooring and remove heavy draperies that can't be washed or cleaned on a regular basis with washable curtains or shades.



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