



Indoor allergies

Did you know that for some allergy sufferers, allergy season lasts all year long? Many people think of their homes as a place to escape allergies, but allergy triggers (allergens) can also reside in the home.

Some tips and tricks for outwitting allergies in your home:

YOUR HOME, YOUR CASTLE — Allergens make themselves at home in fabrics throughout the house. Consider removing carpeting and replacing it with hardwood, tile or other flooring. Keep non-washable drapes, upholstery, and comforters and soft toys to a minimum.

CONTROL MOLD — Clean and disinfect bathrooms, kitchens and basements regularly and keep them well-ventilated. Use dehumidifiers, exhaust fans and open windows when cooking or bathing. You can also help control mold by removing houseplants and by washing shower curtains regularly, or replacing them with glass doors.

KEEP IT CLEAN — BUT DON'T SWEEP! Sweeping can send allergens into the air. Instead, use a damp mop and a vacuum with a HEPA filter to trap allergens. Use HEPA filters for the air ducts in your central heating and air conditioning, changing them often.

CONTROL CRITTERS — Dust mites have a field day on uncovered mattresses and pillows. End the party by using allergy covers with zippers for both. If you've already had your mattress and pillows for several years and they haven't been covered, consider replacing them and covering the new ones right away.

KEEP OUT! — Leave outdoor allergies outside. Keep windows and doors shut when pollen or mold counts are high. After spending time outside, immediately remove dirty outdoor clothes and wash them. It's also a good idea to shower and wash your hair, as soon as you can.

PAMPER YOUR PETS — Bathe and brush them regularly to keep dander at bay. Give pets their own special place to hang out and keep them out of bedrooms and off of upholstered furniture. Wipe their feet and fur before letting them inside to prevent outdoor allergens from being carried in on their paws and coats.



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Sources: acaai.org/resources/tools/home-allergy-management; webmd.com/allergies/living-with-allergies-10/allergy-tips; familydoctor.org/online/famdocen/home/common/allergies/basics/083.html; webmd.com/allergies/features/4-reasons-your-allergies-arent-improving