

STEPS YOU CAN TAKE WHEN YOU ARE ALLERGIC TO:

HOUSE DUST & DUST MITES

- Bedroom
1. Clear furniture, walls & floors, (remove wall to wall carpet if possible).
 2. Encase pillows & mattresses, wash bed linens in hot water q1-2 weeks.
 3. Remove dust collectors:
 - Knickknack racks
 - Large curtains
 - Stuffed animals (can put some in a hot dryer).
 4. Hepa filter.
- Livingroom
1. Remove carpet when possible or treat carpet with carpet/fabric spray (3% tannin) i.e. allersearch ads.
 2. Furniture – clean & treat with carpet/fabric spray (3% tannin).
 3. Remove extra pillows.
 4. Bean bag chairs for kids.
 5. Wash down walls, remove large curtains.
 6. Hepa filter.

ANIMALS

1. Keep out of bedroom.
2. Can bathe q2 weeks, allergen wash.
3. Wash hands after brushing or playing with pet.

POLLENS

1. Limit time outside during peak months.
 - Trees – early Spring
 - Grasses – Spring through June
 - Weeds – Lambs quarters – May through October
 - English plantain – May through June
 - Ragweed – Late summer through frost
 - Common cocklebur – August through September
2. Use air conditioning if possible.
3. Hepa filter.
4. Use allergy spray (3% tannin) on carpets, furniture – denatures pollen.
5. Avoid yard work.
6. Use mask outdoors; light to heavy cotton.
7. Shower after outdoor activities.

STEPS YOU CAN TAKE IF YOU ARE ALLERGIC TO:

Interesting facts on Pollen:

- Higher counts on :
1. Dry, hot days.
 2. Windy days.
 3. Decreases during rain, increases after rain.
 4. Highest count in the A.M.

MOLD & MILDEW

INDOORS – Keep humidity below 40% in the home.

Clean up wet areas:

i.e. around windows, doorways, ceiling or areas where there was water damage.

Bedrooms

1. Keep well ventilated.
2. Spray showers/tubs – with ½ Clorox, ½ water solution.
3. Replace old shower curtains or wash curtain in above solution.

Laundry & Kitchen – Use exhaust fans to keep humidity down.

Basement

1. Clean up any wet or damp areas.
2. Use a dehumidifier during damp months.
3. Hepa filter.

OUTDOORS – Mold spores always present outdoors unless covered by snow.

Greatest prevalence:

1. Areas where there are decaying leaves/vegetables.
2. Damp shaded areas.

Perennial allergens:

Highest counts in humid weather.

May – July

September – November

- Be careful opening windows on the North side of the house (if there is mold present).
- Drain low lying wet areas.
- Remove overgrown shrubs and organic debris from around the foundation of home.