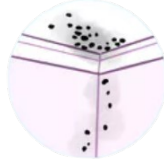


## Environmental Allergy Avoidance



Pollen



Mold



Cockroaches



House  
dust mites



Grass or  
weed



Pet  
dander

### Dust Mites

- Put special dust-proof covers on pillows, mattresses, and box springs.
- Wash your bedding frequently, using hot water (at least 130 degrees Fahrenheit).
- Avoid bedding stuffed with foam rubber or kapok.
- Limit the number of stuffed animals kept in bedrooms or put them in plastic containers.
- Clean floors with a damp rag or mop, rather than dry-dusting or sweeping.

### Pollen

- Keep windows closed during pollen season, especially during the day.
- To avoid pollen, know which pollen you are sensitive to and then check pollen counts. In spring and summer, during tree and grass pollen season, levels are highest in the evening. In late summer and early fall, during ragweed pollen season, levels are highest in the morning.
- Take a shower, wash your hair, and change clothing after working or playing outdoors.
- Wear glasses or sunglasses when outdoors to minimize the amount of pollen getting into your eyes.
- Don't hang clothing outdoors to dry; pollen may cling to towels and sheets.
- Keep your pet outdoors as much as possible, or restrict them to a few rooms in the house. At the very least, keep your pet outside the bedroom.
- Wash your hands after petting your cat or dog.
- Bathe your pet once a week to reduce dander.

### Mold

- Clean bathrooms, kitchens, and basements regularly and keep them well-aired.
- Keep the humidity in your home low (between 30 and 50 percent)
- Do not use humidifiers.

### Cockroaches

- Keep your kitchen clean and wash dishes promptly.
- Make sure all food is stored in sealed containers.
- Empty garbage and recycle bins frequently.
- Avoid leaving food out.
- Set roach traps.
- Seal cracks in your home to prevent infestation.

### Irritants

- Smoke – Avoid tobacco smoke, and do not allow anyone to smoke in your home or car. If you smoke, try to quit. Do not use wood-burning stoves or fireplaces.
- Odors – Stay away from strong odors such as perfume, hair spray, paint, cooking exhaust, cleaning products, and insecticides. Room air fresheners and electronic air cleaners also can trigger symptoms.
- Cold air – Cover your nose and mouth with a scarf.
- Colds and infections – Wash hands frequently.
- Exhaust – If you have an attached garage, don't start the car and let it run in there. Fumes can make their way into the home even when the garage door is open.

How to get rid of  
Pet Allergies



Dust Mite  
Allergen Avoidance



NeilMed  
Sinus Rinse

