

Avoiding Allergies Check List

- Avoid going outdoors during peak pollen hours, usually between 5 a.m. to 10 a.m. Get up-to-date pollen information for your area from the National Allergy Bureau at www.aaaai.org/nab.
- Watch the weather -- pollen count can be high after dry, windy days.
- Keep windows shut on days when the pollen count is high.
- Use air conditioning to cool the home, and avoid using fans, which can draw in pollen and spread it inside the home.
- Change air conditioning filters often.
- Place cheesecloth or some sort of filter over vents to catch dust particles.
- Keep car windows closed during peak pollen hours and use the air conditioning with vents pointed away from the face.
- Take allergy medication at least 30 minutes prior to any outdoor activities.
- Wear a face mask while doing outdoor activities when pollen counts are high.
- Avoid gardening, mowing the lawn, or raking leaves during peak pollen times.
- Take a shower and change clothes immediately after being outside, to remove collected pollen on clothes and hair. Do the same for children playing outside.
- Shower and wash hair before bed to remove collected pollen on hair and skin.
- Encase mattress, box spring, and pillows in allergy-free, washable covers.
- Wash bed sheets and linens in hot water weekly.
- Avoid line-drying clothes outside.
- Keep the humidity low and the air allergen-free in the home with a dehumidifier or air purifier.
- Wear a mask when cleaning the home.
- Vacuum and dust with a damp cloth regularly.
- Clean carpets and upholstered furniture to break down and remove dust mites, mold, and pollen allergens.
- Fix leaky faucets and pipes to avoid mold.
- Wash pets frequently to remove dander and pollen collected from outside.
- Keep pets off beds and linens, and out of bedrooms completely if possible.
- Help prevent and reduce allergic reactions with nasal sprays, eye drops, or allergy medications. Discuss medications with your doctor, and use them only as directed.