



NORTH TEXAS ALLERGY & ASTHMA ASSOCIATES

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HELPFUL AVOIDANCE TIPS

Pollen allergen avoidance

- Keep windows closed at peak pollen times, for example in the evening when airborne pollens descend to lower altitudes
- Wear glasses or sunglasses to prevent pollen from entering the eyes
- Consider wearing a mask over the nose and mouth to prevent inhalation of pollens at peak times
- Do not cut grass yourself
- Use air-conditioning if possible

Pet allergen avoidance

- If possible, find another home for the pet, and do not bring new animals into the home
- Exclude pets from bedrooms and if possible keep pets outdoors
- Vacuum carpets, mattresses and upholstery regularly
- Change clothes before going to school/work if you have attended to your horse/cat/dog

Cockroach allergen avoidance

- Treat cockroach infestation with appropriate insecticides
- Seal cracks in floors and ceilings
- Remove sources of food
- Control dampness
- Scrub floors with water and detergent to remove allergens
- Curtains and clothing can be contaminated and must be washed

Mold allergen avoidance

- Use dehumidifiers in the home if relative humidity is constantly high (above 40%)
- Ensure heating, ventilation or air-conditioning systems are properly maintained
- Use a 5% ammonia solution to remove mold from bathrooms and other contaminated surfaces
- Replace carpets with hard wood flooring; replace wallpaper with paint
- Repair indoor water damage immediately

Dust Mite allergen avoidance

- Use dehumidifiers in the home if relative humidity is constantly high (above 40%)
- Encase pillows, mattress and box springs in allergen impermeable covers
- Use washable blankets, and wash all bedding in hot water every 1-2 weeks
- If possible, remove bedroom carpet
- Remove stuffed toys, throw pillows, etc. from bed
- Clean your home