



## HOME:

### Home Allergy Management for Everyone.

Did you know that for indoor allergy sufferers, allergy season lasts all year long? Now there's an easier way to kick allergens to the curb,

with your all-in-one guide to managing indoor allergens.



The American College of Allergy, Asthma, & Immunology presents your guide to indoor allergen control.

#### The Top Five Tips for Managing Indoor Allergens Are:

- 1 Don't Let Dust Get Too Comfortable!** If you suffer from allergies, cleaning the home is incredibly important in managing exposure to indoor allergens. Regular use of a cyclonic vacuum or vacuum with a HEPA filter and washing stuffed animals and other items in hot water can reduce allergens.
- 2 Couches, Curtains and Cushions, Oh My!** Allergens make themselves at home in fabrics throughout the house, like upholstered couches and chairs, bedding, carpets and more. If you can't tear up the carpet or remove the curtains, look for cleaning products that will denature or deactivate dust mite matter and cat and dog dander in fabrics in the home.
- 3 Kick the Habit!** Do not smoke indoors at any time. This benefits everyone!
- 4 When In Doubt, Air It Out!** Clean and disinfect bathrooms regularly and keep them well ventilated. While you get spick and span in the shower, make sure to use your exhaust fan and/or bathroom window.
- 5 Keep Fido Allergy-Friendly!** If you are an allergy sufferer who just cannot live without pets, bathe them once a week to reduce dander — and whenever possible, keep your pet out of the bedroom.

For more tips, and to get your Allergy Index Indoor Rating with steps you can take in your home, visit [www.aacai.org/HOME](http://www.aacai.org/HOME)

Dust mites and their waste are the most common allergen to cause allergic reactions!

#### A Quick Overview of the Indoor Allergens Players:



**The One with Eight Legs:** The dust mite likes to make its home in bedding, pillows, mattresses, carpets and up holstered furniture. When you sneeze and wheeze inside your home, chances are you might be experiencing a reaction to dust mites.



**The One that's Man's Best Friend!** If you suffer from allergies to pets, including dogs, cats, birds, hamsters and more, you are likely allergic to their dander or skin flakes, as well as their saliva and urine. Larger animals such as horses, even though kept outside, can also cause allergy problems.



**The One that Thrives on Moisture:** Mold that you find in your house comes either from outside or it can grow inside the home. Some favorite places for mold to grow include wallboard, wood, fabrics, damp basements, closets, bathrooms (especially shower stalls), refrigerator drip trays, houseplants and garbage pails.



**The One that Likes Food:** Did you know that you are more likely to have dust that contains cockroach particles if you live in an older, multifamily home or live in the southern United States? Remember, cockroaches like areas with food, so you will likely have the biggest issue in your kitchen, but you could have problems in other rooms of the house, too.



**The One with the Secret Identity:** Did you know that nearly one of four people have symptoms that look and feel like allergies? Nonallergic triggers or irritants such as tobacco smoke, wood smoke, cooking exhaust and aerosols cause nonallergic rhinitis or nonallergic asthma.

# Top Three Tips for Managing Allergens in Each Room of Your Home

## In the Kitchen:

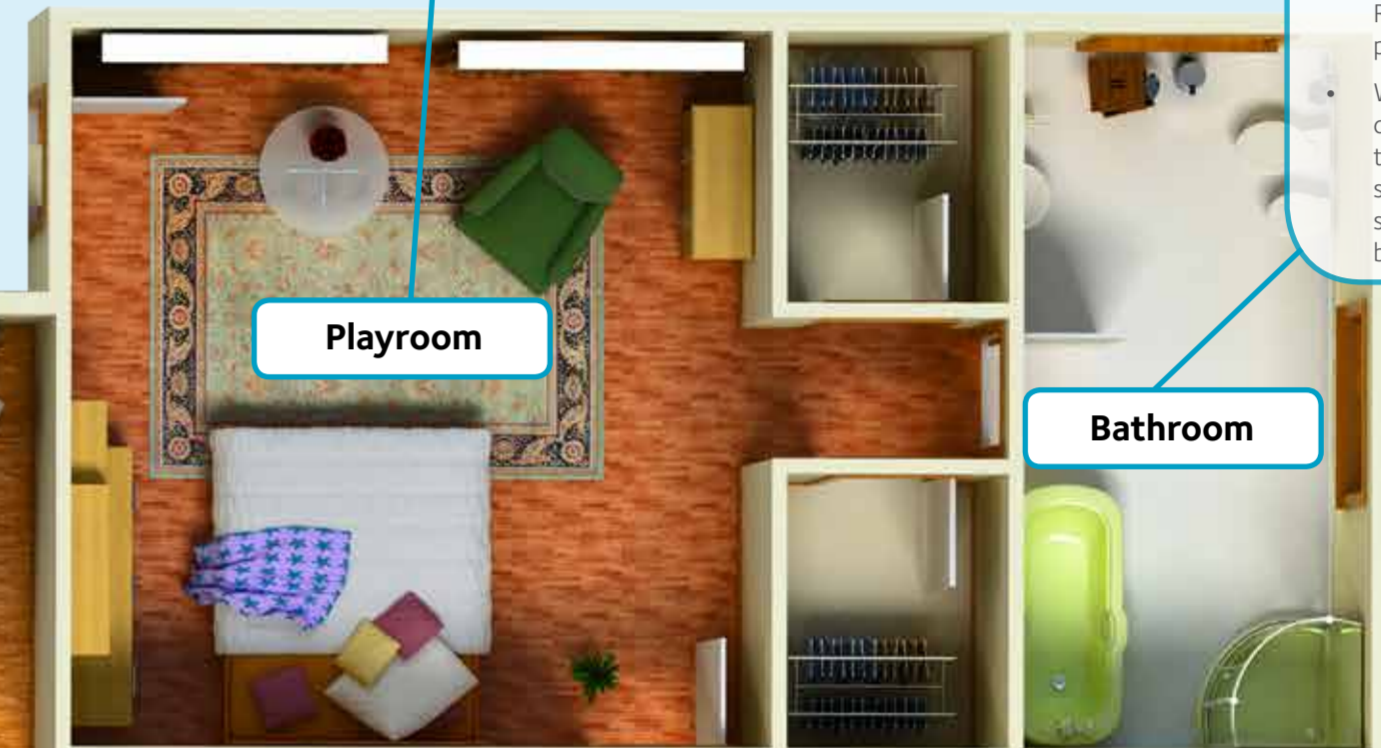
- Do the Dishes! Avoid those high piles of dishes. Keep the kitchen clean and wash dishes as soon as you are finished eating.
- Break out the rubber (or Latex-Free) Gloves! Clean visible mold on walls, floors and ceilings using detergent, and disinfect surfaces with five percent bleach as directed. If you are sensitive to cleaning products, see if you can "delegate" disinfecting to a nonallergic family member.
- Keep Food Safe and Sound! Make sure all your food is stored in sealed containers and try not to leave food out.



Kitchen

## In the Playroom:

- Out of Sight, Out of Allergies! Keep stuffed animals and toys in plastic containers for easy access. Get fun, brightly colored containers and enlist kids in a "game" of clean-up after each play session. For soft surface stuffed animals and toys, look for products that denatures or deactivate allergens.
- Don't Let Dust Get Too Comfortable! If you suffer from allergies, cleaning the home is incredibly important in managing exposure to indoor allergens. Regular use of a cyclonic vacuum or vacuum with a HEPA filter and washing stuffed animals and other items in hot water can reduce allergens.
- Chalk It up to Chalk! If your child plays "school" at home, you might want to steer clear of chalk, since chalk dust can irritate children with allergies. At school, tell your children not to sit too close to the chalkboard for some reason.

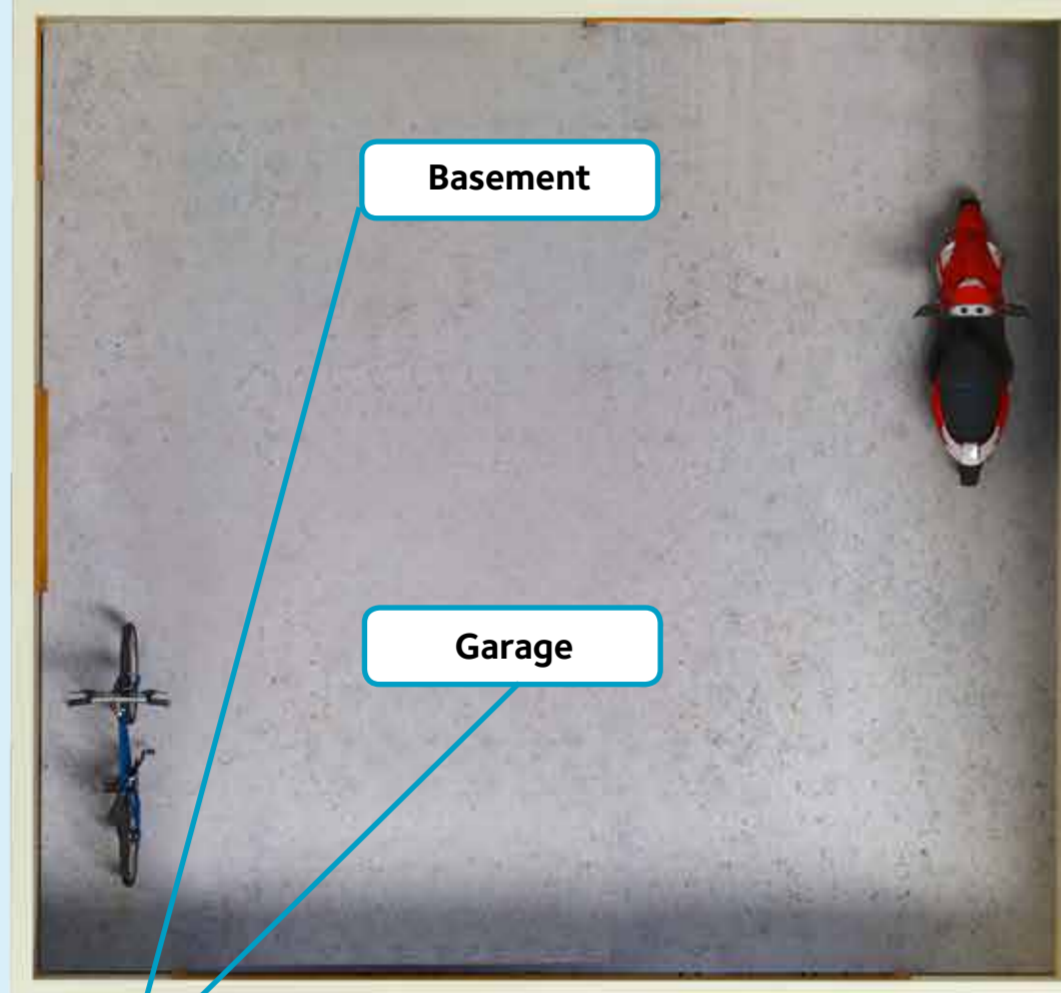


Playroom

## In the Bathroom:

- Keep Fido and His Allergy-Friendly! Bathe pets once a week to reduce dander. If you keep Fido's bedding in the bathroom, consider spraying with a product that denatures or deactivates pet dander allergens.
- Another Reason to Keep Hands Clean! Remember to wash your hands after petting animals.
- When In Doubt, Air It Out! Clean and disinfect bathrooms regularly and keep them well ventilated. While you get spick and span in the shower, make sure to use your exhaust fan and/or bathroom window.

Bathroom



Basement

Garage



Living Room



Bedroom

## In the Garage or Basement:

- Vent It Out! Vent gas appliances to the outside and check on them regularly.
- Woodpeckers Not Welcome! Do not store wood in the house.
- Move the Science Lab! Do not store chemicals like insecticides, gas, etc., in the home or in an attached garage.

## In the Living Room:

- Leave the Foliage Outside! Attempt to limit the number of indoor plants. We know this can be tough for plant lovers, but molds like to hang out in potting soil.
- Couches, Curtains and Cushions, Oh My! Allergens make themselves at home in fabrics throughout the house, like upholstered couches and chairs, bedding, carpets and more. If you can't tear up the carpet or remove the curtains, look for cleaning products that will denatures or deactivate dust mite matter and cat and dog dander in fabrics in the home.
- Next Time You Go Furniture Shopping! Shop for furniture with a smooth, nonporous surface, such as leather. It is less likely to hide allergy-causing substances than some other couch materials out there.

## In the Bedroom:

- Don't Let Dust Get Too Comfortable! Clean bedrooms in your home on a regular basis to reduce allergens. Dust and use a cyclonic vacuum or a vacuum with a HEPA filter. If you are allergic, wear a NIOSH rated N95 dust mask while you clean. Wash bedding (including mattress pads) in hot water or in bleach (as directed) every 10 days.
- Go Carpet-Free! Limit the amount of carpeting you have, especially in the bedroom. Dust mites and mold love to hide in carpets! Hardwood floors, seamless vinyl or linoleum floor coverings are easier to clean and are best options.
- Sleep Comfortably! Cover mattresses, pillows and box springs with removable allergen-resistant coverings.