

## **ENVIRONMENTAL CONTROL**

These steps help to control common allergens, including house dust, dust mites, molds, animal dander and pollens

### **HOUSE DUST & DUST MITES**

Wash all bedding and blankets once a week in hot water

Encase your mattress, pillows, and boxsprings in airtight, allergy-proof plastic covers

Get rid of dust collectors

Replace heavy drapes and blinds with washable curtains or shades

Replace carpets with washable scatter rugs or bare floors (wood, tile or linoleum)

Dust rooms thoroughly with a damp cloth at least once a week

Vacuum frequently when your child is not in the room (use a vacuum with a HEPA filter)

Avoid the use of ceiling fans

Cover air vents with filters

### **MOLDS**

Keep indoor humidity levels below 35% (use a dehumidifier or air conditioner)

Keep children away from areas that promote mold growth

Inside the home---damp basements or water-damaged areas of your home (check under carpets)

Outside the home-- forest preserves, barns, pumpkin patches, hay rides....

### **ANIMAL DANDER**

If you must keep pets in the house, keep them out of your child's bedroom

Wash your pet each week to remove surface allergens

Consider using a HEPA filter

### **POLLENS**

Keep windows closed in the car and home to avoid exposure to pollen

Limit outdoor activities when pollen counts are highest (early morning for spring time tree pollens, afternoon and early evening for summer grasses, and in the middle of the day for ragweed in the fall)

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## COLD WEATHER

In winter protect child from wind and cold temperature with scarf around nose and mouth

## SECOND HAND SMOKE

Provide a **smoke-free environment**

It is not enough to simply smoke outside

Seek support to quit smoking

*American Lung Association*

1-800-LUNG-USA or 1-800-586-4872

<http://www.lungusa.org/tobacco/>

## FOODS

Beware of foods that cause you symptoms.

For severe food reactions, talk to your doctor about carrying an epinephrine injector

Learn to read food labels carefully

When dining out, ask about the ingredients used in preparing the dish before tasting the food

For additional info contact

*Food Allergy & Anaphylaxis Network*

1800-929-4040

[www.foodallergy.org](http://www.foodallergy.org)

## ADDITIONAL WEBSITES

National Institute of Allergy and Infectious Diseases

NIAID Office of Communications

<http://www.niaid.nih.gov/publications/>

National Allergy Bureau

1-800-9-POLLEN or 1-800-976-5536

<http://www.aaaai.org/nab/>

Asthma and Allergy Foundation of America

1-800-7-ASTHMA or 1-800-727-8462

<http://www.aafa.org>