

Below you will find some useful tips to lessen your child's exposure to allergens.

Dust Mites:

- Use a very fine-weave for vapor-permeable pillow cases (allergen proof cover).
- Use a vapor-permeable or plastic cover for your mattress (allergen proof cover).
- Keep box springs encased in vinyl or plastic.
- Wash bedding at least once per week using hot water (130 degrees).
- Do not keep stuffed animals or other fabric-covered toys on beds or in room.
- Vacuum at least once per week (may need to wear a mask while vacuuming if you are also allergic)
- Pay close attention to your vacuum bags and filters – look for double thickness or high efficiency particulate air filter on air outlet.
- Take steps to decrease the humidity in your home.
- Replace carpets with hardwood or other hard surface (tile, concrete, linoleum) if possible.
- Use leather, vinyl or wood furniture instead of upholstered fabrics.
- Use shades or blinds instead of curtains.
- Avoid living in basements or make sure your child spends as little time as possible in the basement.

Pollen:

- Keep a close watch on local pollen counts (by downloading apps, local weather stations or websites).
- Avoid going outside when possible during times of high pollen counts.
- Use a saline nasal rinse every morning and night.
- Rinse or wash outdoor furniture or play equipment during high pollen season.

Animal Allergens:

- Avoid bringing the pets into the home.
- Keep the pet in one specific area that the child does not frequent. We recommend not in bedrooms.
- Use high-efficiency air cleaners and filters.
- Vacuum carpets once per week and try to keep the pet away from carpeted areas.
- Wash the pet weekly.

Cockroach Allergens:

- Contact an exterminator to help rid your house of cockroaches.
- Vacuum and mop the floors at least once per week.
- Take the trash out daily.
- Empty the sink of dishes every day.
- Store food in sealed containers and do not leave food on the counter tops.
- Seal cracks and door facings to limit points of entry.
- Always remove cardboard boxes (such as packaging) from your home.