



BlueResourceSM – Protecting Your Health – Living with Allergies

Reduce Allergy Triggers at Home

Are allergies making you miserable? If you suffer all year long, you can take steps to make sure your home isn't making you feel bad.

Bust the dust. Wipe down furniture, windowsills, door frames and other surfaces often. Dust is home sweet home to millions of tiny mites that cause allergies.

Refresh your bed. Wash sheets, pillowcases and blankets at least once a week in hot water. Protect pillows, mattresses and box springs with dust-mite-proof covers.

Trade plush for less lush. Opt for hard-surface flooring, such as tile, linoleum or hardwood. If carpet is a must, choose a low-pile style and vacuum weekly.

Button up. Keep windows closed during allergy season. Use high efficiency air filters in your air conditioner and change them often to keep air clean.

Gather furry friends. Give pets their own place to sleep away from your bedroom. A weekly bath also helps reduce allergens in the dander shed by pets.

Tame the flames. Avoid wood-burning fireplaces and stoves that give off gases that irritate your eyes and nose. A natural gas fireplace offers a cozy fire without triggering allergies.



Reduce potential allergens in your home.

Source: *Allergy Proof Your Home*. Mayo Clinic. 2018.

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