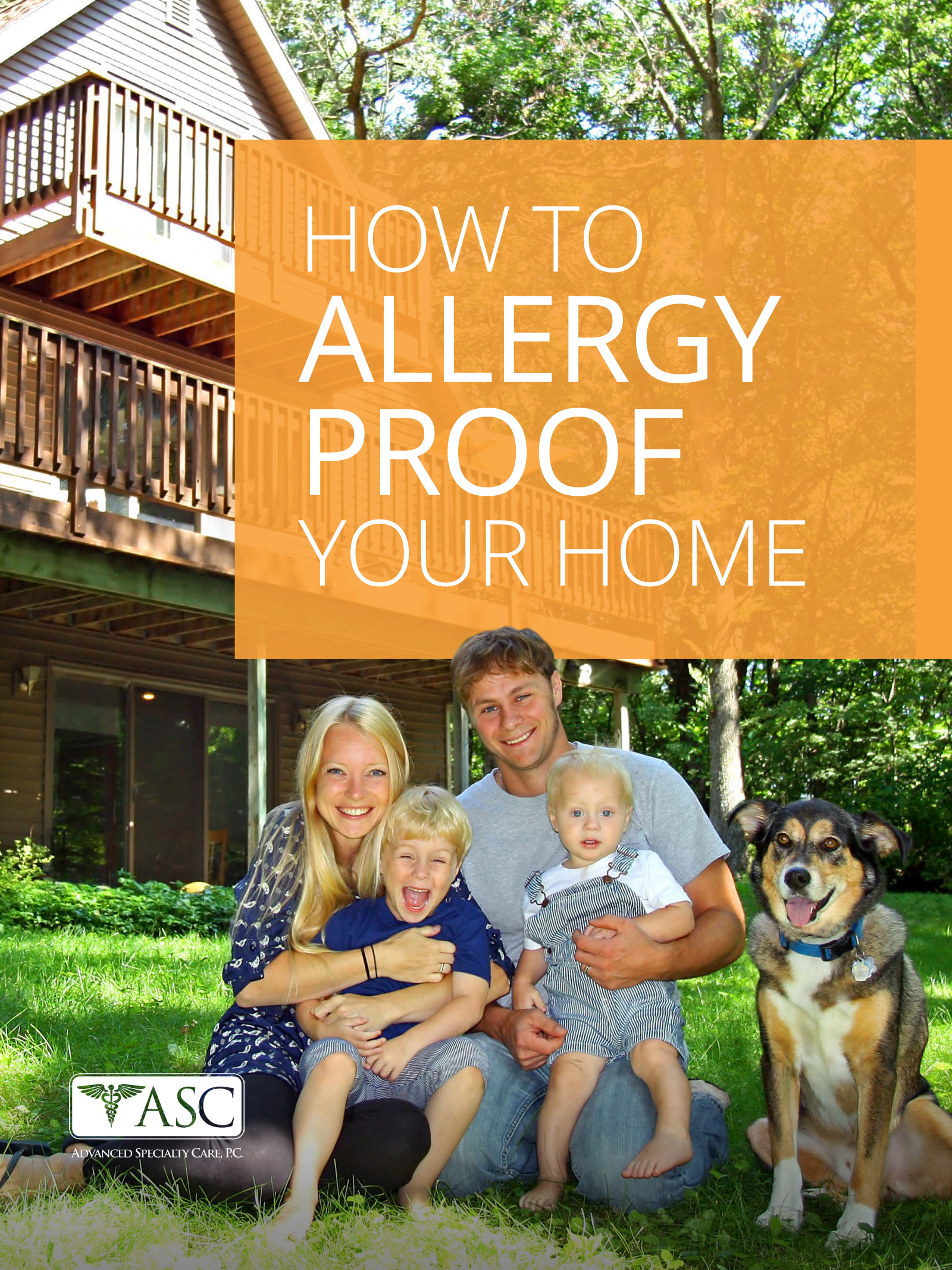
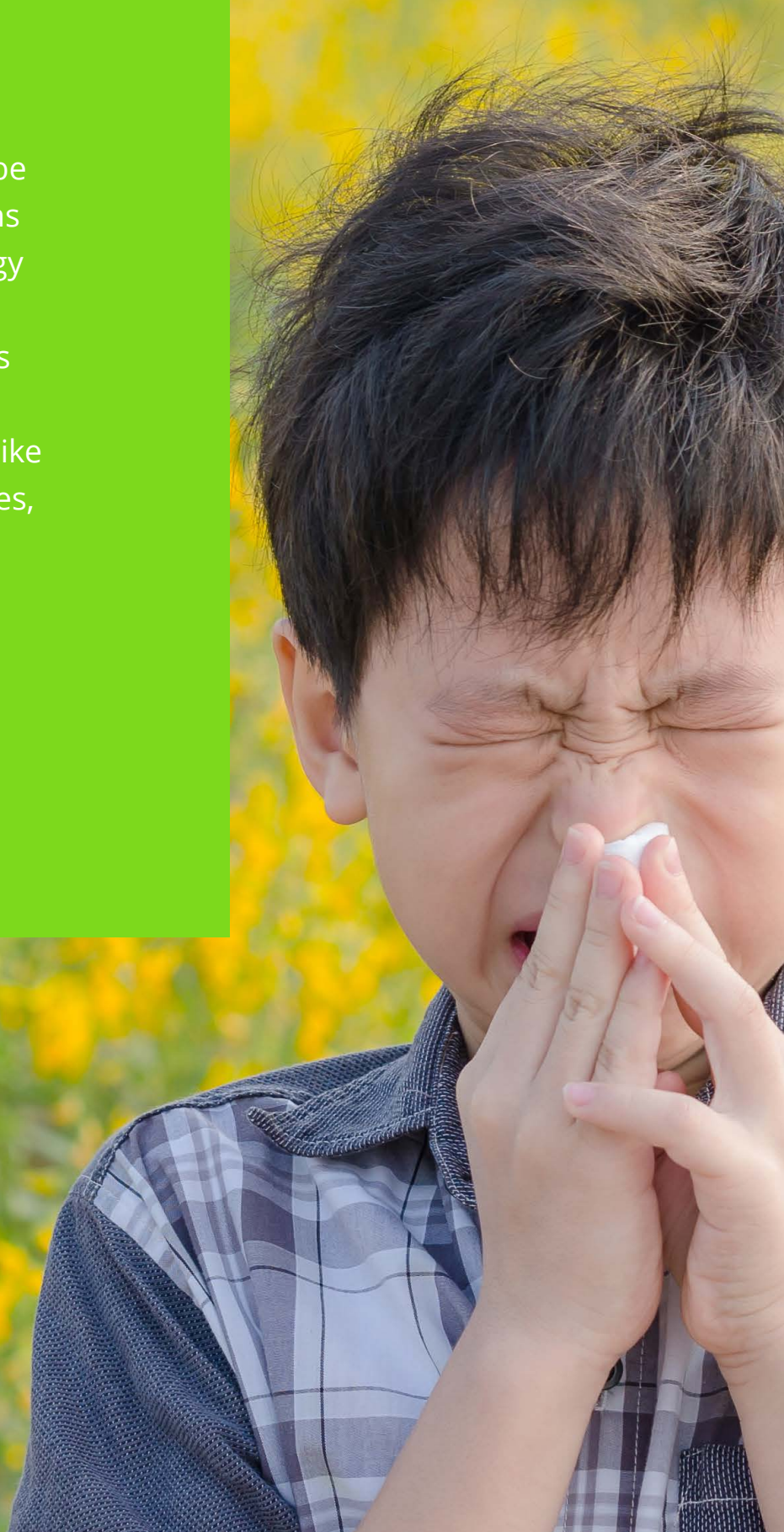


HOW TO ALLERGY PROOF YOUR HOME



If you or someone in your family suffers from allergies, they may be caused or aggravated by allergens in your home. You can take allergy medications to help relieve the symptoms, but removing irritants from your home is a much more effective way to stop symptoms like a stuffy nose, headache, itchy eyes, and shortness of breath.

Here are some steps you can take to reduce allergens such as pet dander and dust mites in your home.



Bedroom

A good place to start clearing your house of allergens is the bedroom since you spend a lot of time in your bed! This checklist will help eliminate those invisible irritants as well as ensure you sleep better.

Checklist For Your Bedroom

- ☐ Encase pillows, mattresses, and box springs in dust-mite-proof covers.
- ☐ Wash sheets, pillowcases, and blankets at least once a week in hot water.
- ☐ Using an air purifier may be helpful, especially if you have pets to which you are allergic. Choose an air filter that has a small-particle or HEPA filter.
- ☐ Put up blinds, shades, or washable curtains made of plain cotton or synthetic fabric.



Bathroom

The bathroom is another room that can be a sanctuary for hidden allergens such as mold. There are many types of mold and they can thrive in moist areas like your bathroom.

Checklist For Your Bathroom

- ☐ Scrub all surfaces with bleach to remove any mildew/mold that is present. If mold grows again in the same area, you may need to remove that area of drywall.
- ☐ Paint walls with mold-resistant enamel paint.
- ☐ Install and use an exhaust fan to reduce moisture while taking baths or showers.
- ☐ Repair any leaks.
- ☐ Remove carpeting and use tile, vinyl, wood, or linoleum flooring. Replace with washable area rugs or bath mats.



Pets

We love our pets, but they can be a big problem for allergy sufferers. If your family pet is the troublemaker for your allergies, here are some ways to help.

Checklist To Reduce Pet Dander

- ☐ Keep animals out of the bedroom.
- ☐ Bathing pets at least once a week may reduce the amount of allergen in the hair they shed.



Pollen

You may think pollen is only an issue if you're outside. But there are steps you can take inside your home to mitigate the effects of pollen.

Checklist During Pollen Season

- ☐ Take a shower daily in the evening, after returning indoors for the last time that day, to wash pollen off skin/hair. Change clothes after showering.
- ☐ Keep the windows closed inside your home and car to block pollen from entering.
- ☐ Use the air conditioner to filter the air in your home.
- ☐ Apply saline drops to your eyes to wash away pollen once inside.
- ☐ Wash your hands every time you come indoors.



General Suggestions For Your Home

To keep your house as allergen-free as possible, here are a few more simple steps to take.



- ❑ Remove carpeting if possible, If that isn't an option, use low-pile instead of high-pile carpeting and vacuum weekly.
- ❑ Consider replacing upholstered sofas and chairs with furniture made of leather, wood, metal or plastic.
- ❑ Clean mold and condensation from window frames and sills.
- ❑ Avoid use of wood-burning fireplaces or stoves as smoke and gases can worsen respiratory allergies. Most natural gas fireplaces won't cause a problem.
- ❑ Maintain your home's temperature at between 68°F and 72°F, and humidity no higher than 50% to reduce dust mites and mold.
- ❑ Use a dehumidifier in your basement or damp areas of the house.
- ❑ Use a vacuum cleaner with a HEPA (high efficiency particulate air) filter

ADVANCED SPECIALTY CARE ALLERGY & ASTHMA SPECIALISTS



Jonathan B. Bell, MD



Yogen A. Dave, MD



Richard J. Lee, MD



Purvi P. Shah, MD



Neetu Godhwani, MD, MPS

About Advanced Allergy & Asthma

At Advanced Allergy & Asthma Care, we provide our patients with the highest level of care leading to improvement in quality of life. We specialize in the treatment of asthma, nasal allergies, eye allergies, sinus infections, as well as food and skin allergies. We also treat insect stings and medication allergies. We have state-of-the-art equipment to measure lung function, as well as nasal endoscopy to visualize the anatomy of the nose and identify sources of disease. We offer allergy testing for a wide variety of environmental and food allergens. We also have the ability to perform oral food challenges, the definitive test for food allergy.

Our offices are conveniently located in the Fairfield County, CT towns of Danbury, New Milford, Norwalk, and Ridgefield. Call **203-830-4700** for more information and/or to schedule an appointment. You can also request an appointment online at

ascdocs.com/request-appointment



ADVANCED SPECIALTY CARE, P.C.

Advanced Specialty Care is a multi-specialty practice of board-certified physician specialists offering the latest state-of-the-art technologies and techniques – all in a welcoming and caring environment. Our specialties include Allergy & Asthma, Audiology & Hearing Aids, Cosmetic & Plastic Surgery, Dermatology, Ear, Nose & Throat, General Surgery, Hand Surgery and Skincare & Laser Services. For 30+ years, we've helped tens of thousands of patients. How can we help you?

Schedule your appointment today.

203-830-4700 • ASCDOCS.com

Danbury | New Milford | Norwalk | Ridgefield | Southbury | Stamford