

Allergy & Asthma Specialists, P.C.

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Guidelines for Pollen Allergy Sufferers

Reduce your exposure to pollens and decrease your symptoms. Some suggestions for accomplishing this include:

- Keep windows closed, especially your bedroom windows, during allergy season.
- Use air conditioner and/or electric air purifier to remove particles from the air. Clean filters in these units regularly and rinse or spray with a mold inhibitor.
- Damp dust surfaces daily.
- Do not dry or air outdoors any blankets, pillows, sheets, pillowcases, draperies, etc.
- No pets in the bedroom. They carry pollen as well as dander. Wash hands immediately after touching pets.
- Remove clothing worn outdoors and place immediately in laundry room. Wash hands and face after outdoor activities. Shower including washing hair, before bedtime.
- Store shoes in a closed cabinet.
- Vacuum frequently all carpeted surfaces, draperies, and non-washable clothing (jackets, etc.) Use clothes dryer on air to freshen pillows, blankets, and non-washable clothing.

Plan ahead. An ounce of prevention is still worth a pound of cure. Wear a filter mask if you must cut the lawn, do house cleaning, rake, etc.

- Wear glasses or goggles when bike riding or out on windy days.
- Avoid riding in cars with windows down or in a convertible.
- If you use antihistamines, take a dose prior to exposure such as picnicing, hiking, etc.
- Pollen is heaviest when temperatures and humidity fall. If you must be outdoors or open windows, avoid doing so during these peak hours.