



# Minimize Indoor Allergies

The fall brings cooler temperatures, shorter days and more time indoors. For people with indoor allergies, spending extended amounts of time inside can be a wheezy and sneezy experience. Allergies to dust, mold and pets tend to worsen in the fall and winter due to the amount of time we spend indoors. However, alleviating allergy symptoms is as easy as 1, 2, 3.

## 1. Know where allergens lurk

**The bedroom:** Dust mites and other allergens love to live on pillows, bedding and curtains.

**The living room:** Dust mites also find a home on fans, in the fireplace and on your upholstery.

**The bathroom:** Mold grows best in dank environments such as your shower, sink and around the toilet.

**The kitchen:** Mold can also grow around your faucets, refrigerator, dishwashers and garbage bins.

Indoor air is **2 to 5 times** more polluted than outdoor air.

Source: Environmental Protection Agency

## 2. Reduce allergens at the source

**Keep your air dry to reduce dust mites.** Use a dehumidifier to keep humidity in your home at around **30–50%**.

**Purchase impermeable mattress covers and pillows** to prevent dust mites from making a home in your bedding. Wash bedding once a week in hot water and put it in the dryer on the highest heat setting to kill existing dust mites.

**Dust with a damp cloth or dust mop.** Vacuum furniture and rugs twice a week with a vacuum that has a HEPA filter and wipe hard surfaces with a damp cloth.

**Keep everything dry;** it only takes 48 hours for mold to start growing. Mop around the refrigerator, sinks and toilets with mild dish soap and diluted hydrogen peroxide to prevent mold growth and make sure you fix any leaks in your plumbing.

**15-30%** of people with allergies are allergic to cats and dogs, with cat allergies being twice as common as dog allergies.

Source: Asthma and Allergy Foundation of America

## 3. Keep Fluffy at bay

If fluffy pets are at the root of your allergies, keep them out of the bedroom and be sure to clean your home often.

- Cover bedroom vents with filtering material, such as cheesecloth, to prevent allergens from other rooms from coming into the bedroom.
- Use an air cleaner with a HEPA filter for at least 4 hours each day.
- Keep your pet brushed and clean.



Source: Asthma and Allergy Foundation of America