

THE ALLERGY-FREE HOUSE

GET RELIEF FROM ALLERGIES.

Need help managing your symptoms? For a referral to an allergist on the medical staff at Baylor Scott & White Health, visit

FindDrRight.com or
call **1.800.4BAYLOR.**



Crack down on the mold in the **BATHROOM** by reducing moisture. Use an exhaust fan during baths and showers and fix leaky fixtures right away.



BEDDING is a dust mite's paradise. To thwart this common trigger, wash your sheets in hot water every week.



Use air conditioning instead of opening **WINDOWS**. This keeps pollen out and reduces humidity, which helps ward off dust mites and mold.



Pollen can sneak into your home by hitching a ride on your pets and your clothes. After a long day **OUTDOORS**, take a quick shower and change your clothes.



Time to redecorate! Replace upholstered **FURNITURE** with items made of leather, wood and metal.



Limit the number of **INDOOR PLANTS** to further reduce mold.



Gross but true: Cockroach droppings can trigger allergy symptoms. Keep your **KITCHEN** clean by using lidded trash cans and washing dishes immediately.



If you're sensitive to **PET** dander but don't want to say goodbye to your pet, replace carpeting with tile or wood flooring. And keep pets out of the bedroom.

Sources: American Academy of Allergy, Asthma & Immunology; Asthma and Allergy Foundation of America; National Institute of Environmental Health Sciences.

Your home is your sanctuary; unless, of course, you are one of the millions of people who suffer from indoor allergies. Tiny triggers such as dust mites, pet dander and mold can lurk behind your front door, causing sneezing, congestion, itchiness and even asthma. But you can take steps to reclaim your home from these microscopic invaders. Follow these tips – one for every room of the house – to reduce your symptoms. Talk to your doctor about even more ways to manage your allergies.

