



ALLERGY CANADA NEWS

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October 2009 Edition

Allergy Trigger Avoidance: How to Manage Fall Allergies

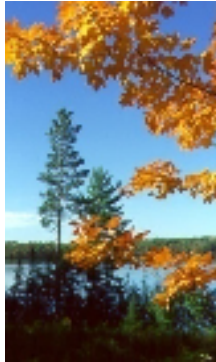
The American College of Allergy, Asthma and Immunotherapy

These tips can help you decrease your exposure to allergens and irritants without spending a penny -- or loading your body up with medication.

Dust Mites

Dust mites are tiny bugs that live in bedding, mattresses, upholstered furniture, and carpets. No matter how clean your house is, it's impossible to completely get rid of dust mites. However, you can limit contact, especially in the bedroom, if you:

- Limit the number of stuffed animals kept in bedrooms or put them in plastic containers
- Vacuum the carpets once or twice a week.
- Wash bedding and stuffed animals in hot water (130°F) weekly
- Use air conditioning to keep humidity low (below 40 percent to 50 percent) to slow down dust mite growth during warm weather.



Pollen

Grasses, trees and weeds produce pollens that travel through the air and are inhaled. They cause seasonal allergy symptoms and trigger asthma. Pollens from trees are higher in the spring, grasses in the summer and weeds in the fall. This may vary depending on weather conditions and where you live. If possible:

- Keep windows closed during pollen season, especially during the day.
- Stay inside during mid-day and afternoon hours when pollen counts are highest.
- Take a shower, wash your hair, and change clothing after working or playing outdoors

Mould

Moulds are found in outdoor air and can enter your home any time you open a door or window.. Moulds like to grow on wallboard, wood, or fabrics, but they will grow any place.

You can control mould in your home if you:

- Clean bathrooms, kitchens, and basements regularly and keep them well aired.
- Use dehumidifiers in damp areas with the humidity level set for less than 50 percent but above 25 percent.
- Clean visible mould on walls, floors, and ceilings using a 5 percent bleach solution and detergent. If you are sensitive to cleaning products, avoid their direct use or have someone else handle them
- Fix leaky faucets and pipes
- Limit the number of indoor plants that may harbour moulds in the potting soil.

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