

Allergy Recommendations

Below you will find some useful tips to lessen your child's exposure to allergens.

☐ DUST MITES

Dust mites live in fabrics such as bedding, carpet and stuffed animals. Here are some useful tips:

- Use a very fine-weave for vapor-permeable pillow cases (allergen proof cover)
- Use a vapor-permeable or plastic cover for your mattress (allergen proof cover)
- Keep box springs encased in vinyl or plastic
- Wash bedding at least once per week using hot water (130°)
- Do not keep stuffed animals or other fabric-covered toys on beds or in room.
- Vacuum at least once per week (may need to wear a mask while vacuuming if you are also allergic)
- Pay close attention to your vacuum bags and filters – look for double thickness or high efficiency particulate air filter on air outlet
- Take steps to decrease the humidity in your home
- Replace carpets with hardwood or other hard surface (tile, concrete, linoleum) if possible
- Use leather, vinyl or wood furniture instead of upholstered fabrics
- Use shades or blinds instead of curtains
- Avoid living in basements or make sure your child spends as little time as possible in the basement

☐ POLLEN

- Keep a close watch on local pollen counts (by downloading apps, local weather stations or websites)
- Avoid going outside when possible during times of high pollen counts
- Use a saline nasal rinse every morning and night
- Rinse or wash outdoor furniture or play equipment during high pollen season

☐ ANIMAL ALLERGENS

- Avoid bring the pet into the home
- Keep the pet in one specific area that the child does not frequent. We recommend not in bedrooms.
- Use high-efficiency air cleaners and filters
- Vacuum carpets once per week and try to keep the pet away from carpeted areas
- Wash the pet weekly

☐ COCKROACH ALLERGENS

- Contact an exterminator to help rid your house of cockroaches
- Vacuum and mop the floors at least once per week
- Take the trash out daily
- Empty the sink of dishes every day
- Store food in sealed containers and do not leave food on the counter tops
- Seal cracks and door facings to limit points of entry
- Always remove cardboard boxes (such as packaging) from your home