



## North Atlanta Sinus and Sleep Center

Breathe easy, live well

### **ALLERGEN AVOIDANCE MEASURES**

#### **Dust and Dust Mites**

- Encase mattresses and pillows - dust mite covers
- Wash all bedding weekly in hot water (>130°F)
- Replace carpets with hardwood, vinyl, or tile flooring or apply miticide to carpet and vacuum regularly
- Minimize use of upholstered furniture, stuffed animals
- Lower indoor relative humidity to <50%
- Adequate ventilation in the home
- Consider Chemical Treatments:
  - Acarides (benzyl benzoate): kills mites
  - Tannic acid: denatures mite allergen

#### **Animals and Pets**

- Remove animal from home
- Keep animal out of bedroom and off bed
- Wash/brush animal weekly (outdoors, by someone else)
- Have family member without allergies clean litter box
- Keep litter box away from living spaces
- Remove carpeting if possible
- Have someone vacuum at least weekly
- Consider use of HEPA-filtered air purification unit

#### **Molds**

- Maintain indoor relative humidity between 35% and 50%
  - Summer: use air conditioner/dehumidifier
  - Winter: avoid over-humidification with a humidifier
- Clean central humidifier regularly
- Allow adequate ventilation in the home
- Limit number of houseplants
- Inspect walls/wallpaper for mildew
- Launder curtains frequently, avoid heavy ones or use window shades
- Illuminate closets/basement with low-watt bulb
- Clean/bleach garbage cans frequently
- Use bathroom exhaust fan or open window after bathing
- Clean shower/tub and curtain with fungicide or dilute bleach solution
- Avoid foam/feathered pillows
- Vent clothes dryer to outside and keep closet doors shut
- Wear well-fitting mask when doing housecleaning
- Avoid dust collectors (macramé hangers, throw pillows, etc.)
- Remove or wash stuffed toys