

# Tips for Allergy-Proofing Your Home

**Your home should be a place to relax and unwind.** But allergens that occur indoors or get tracked in from the outside can trigger allergy symptoms. Fortunately there's plenty you can do to reduce the sneeze and increase the peace within your abode.

In addition to repairing leaks quickly, dusting regularly and using a vacuum with a HEPA filter, try this room-by-room advice.



## Bedroom

- Regularly wash your bedding in hot water. Dry it in a hot dryer.
- Replace carpeting with hardwood, vinyl or linoleum floors.
- Cover your mattress, box spring and pillows with removable allergy-resistant covers.
- Avoid bedding made with feathers, down or foam rubber.
- Hang washable curtains or window shades.
- Minimize the use of humidifiers.
- Keep pets out of your bedroom.

## Living Room

- Remove any indoor plants—mold grows in potting soil.
- Reduce the clutter—books and knickknacks are magnets for dust.
- Move furniture away from walls to prevent mold growth.
- Use cleaning products that deactivate dust mites and pet dander in fabrics on couches, cushions and curtains.



## Kitchen

- Store food in tightly sealed containers.
- Wash the dishes as soon as you are done eating.
- Take out the trash and recycling frequently.
- Regularly clean and disinfect your kitchen and air it out.
- Wipe up crumbs, spills and other wet spots as soon as you can.
- Wash the garbage pail frequently.
- Use the vent fan while cooking.

## Bathroom

- Remove any carpeting.
- Turn on the exhaust fan or open a window when bathing.
- Clean and disinfect your bathroom regularly.



Sources include American College of Allergy, Asthma & Immunology and Asthma and Allergy Foundation of America.