

## **Michigan Avenue Internists, LLC**

Affiliated with Northwestern Memorial Hospital

### **Allergen Avoidance**

Avoid Allergens. You tested allergic to the inhalants indicated below:

Allergen	Season	Non Seasonal Allergens
Tree Pollen	March-June	
Grass Pollen	May-August	
Mold Spores	Spring-First Frost	
Ragweed Pollen	August-October	
Weed Pollen	July-October	
Dust Mites	All seasons	

Avoid Irritants:

Cigarette smoke is a major irritant and potent trigger of asthma. This person is not to be in the same room or automobile as someone who is smoking or where smoking is frequently done. If a family member smokes, ask them to do so outside, this includes pipes and cigars.

Avoid aerosol sprays such as deodorants, hair sprays, air fresheners, insect sprays, fumes from paints, and strong cleaning solvents.

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### **Our recommendations to lessen the amount of allergens are checked off below:**

- ❑ Keep windows closed during allergy season (March-October) and use an air conditioner, if possible. If windows must be opened, do not open the window in the patient's room while he/she is in it. This is especially important during the morning hours of 5-10 a.m. when pollen count is high.

### **Dust Mites:**

- ❑ Encase pillows, mattress & box spring with zippered, allergy proof covers. LEAVE COVERS IN PLACE. DO NOT LAUNDRY ALLERGY PROOF COVERS. Avoid use of sheepskins and down comforters and pillows.
- ❑ Wash all bedding in hot water every 1-2 weeks.
- ❑ Damp dust all furniture and windowsills in the patient's room 1-2 times per week.
- ❑ Damp mop hard floors (2-3 times per week) or vacuum carpeted floors daily.
- ❑ Use window shades or washable curtains. (Avoid mini-blinds)
- ❑ Cover forced air registers in bedrooms with a filter purchased from an allergy supply company.
- ❑ Attempt to store books/toys in sealed containers. (Avoid open bookshelves and stuffed animals.)

### **Mold:**

- ❑ Keep the humidity in the home between 25-50% using a humidity gauge.
- ❑ Keep bathrooms well ventilated. Wash bathroom walls, floors, shower curtains, toilet tanks and ceiling with a solution of 1/2 bleach and 1/2 water. Use 5% bleach solution to wash down wallpaper and paneling.
- ❑ No wall-to-wall carpeting in bathrooms. Frequent vacuuming of other carpeting is helpful.
- ❑ Vent clothes dryer to the outside.
- ❑ Do not allow damp clothing or towels to sit in piles. Do not hang them outside to dry.
- ❑ Use a dehumidifier in basements or other damp places. Repair and clean any water damage. Seal all leaks and cracks.
- ❑ Remove live plants from inside the house. Do not put a live Christmas tree in your house.
- ❑ An allergic person should avoid cutting grass, raking and playing in leaves. Avoid exposure to soil, sand, hay, barns and fertilizers.
- ❑ Avoid aquariums.