

Common Sense in

ALLERGY & ASTHMA

Avoiding Winter Allergens in Your Home



Cold outside temperatures have forced most of us inside for the winter. Increased exposure to indoor allergens like dust, mold and pet dander can aggravate allergies.

If you are bothered with runny nose, sneezing, coughing and other allergic symptoms, the problem may be closer than you think.

DUST– Allergy-proof plastic cases for box springs and pillows help reduce dust in bedrooms.

- Eliminate knick-knacks, collectibles, stuffed animals, and other "dust collectors."
- Hardwood floors and linoleum collect much less dust than carpets.
- Wash bedding weekly in 135° water. Dry on high setting.

MOLD– Use a 5% bleach solution with a little detergent to eliminate mold in showers and under sinks.

- Airing out the house can bring pollen, mold spores and other allergens into your home.
- Use air filters on your heating/cooling systems and replace filters regularly.

PETS– Limiting pet exposure will reduce symptoms for those with pet allergies.

While we can't eliminate all of the allergens in our homes, a few precautions can make winter a much more pleasant experience.

If you have allergies or asthma, we think it's Common Sense to see Dr. Coifman and his experienced team. He not only practices by current guidelines, for more than 25 years he's been a leader in his field.

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***If you need a referral, ask
your doctor to refer you to AASJ***