



Your Allergic Trigger Control Action Plan

Target Pollens

Pollens are the tiny airborne particles given off by trees, weeds, and grasses for the purpose of fertilization and reproduction. Some pollens circulate only at certain times of the year, while others are present virtually year round.

- Shower after working outside – wash hair, eyes, and eyelashes
- Remove work clothes outdoors after working outside and carry them in a bag to the washing machine
- Take allergy medicines 30 minutes before going outdoors
- Stay indoors when pollen counts are high for pollens you are allergic to. Check reports for pollen count forecasts or log onto www.pollen.com to obtain updated pollen counts
- Have someone else do your yard work, or wear a microfiber facemask when digging in the dirt
- At home and when driving, keep windows closed, and, when possible, use an air conditioner on recirculate
- Use high efficiency particulate air (HEPA) filters for furnace and vacuum cleaners
- Try activities that take place away from allergy triggers – stay away from highways or industrial plants; exhaust and air pollution make symptoms worse
- When exercising, breathe through your nose



□ Target Molds

Molds live both indoors and outdoors. They give off spores that can cause allergic reactions throughout the year.

- Identify and clean moldy areas with fungicide or bleach
- If you have a basement or live in an area of high humidity, use a dehumidifier to reduce the humidity in your home
- Avoid barns, green houses, sleeping bags, summer cottages, and walking through uncut fields
- Avoid mowing grass, handling mulch or compost, raking leaves, or working with hay
- Avoid using fans that draw in outside air; when possible, use an air conditioner on recirculate and keep windows and doors closed
- Wash evaporative (“swamp”) coolers
- Fix water leaks
- Clean furnace filters, refrigerator, and dehumidifier (and clean drip pans with bleach)
- Thoroughly dry clothes before storing

□ Target Cockroaches

Cockroach saliva, fecal material, and skin sheds are the main sensitizers for humans.

- Wash dishes, vacuum, keep food and garbage in closed containers, and take out garbage regularly
- Don’t store paper bags, newspapers, or cardboard boxes in your home
- Place bait traps, or call a professional exterminator to eliminate cockroaches
- Seal plumbing openings, cracks, and crevices

Reducing exposure to allergic triggers helps reduce symptoms

Now that you know your allergy triggers, you can take steps to reduce exposures and help reduce or prevent your symptoms. Most people with allergy symptoms are sensitive to more than one allergen. For these people, symptoms may appear only when they are exposed to two or more allergic triggers over a period of time. Reducing exposure to your allergic triggers can help reduce your symptoms as the Cumulative Effect of Allergens Chart describes.

□ Target House Dust Mites

Dust mites are microscopic creatures that live in house dust and feed on dead skin flakes.

- Encase mattresses, pillows, and box springs in allergen-proof coverings
- Wash bedding weekly in 130°F hot water
- Keep house clean by vacuuming and reducing clutter
- Wear an appropriate mask while cleaning and avoid area 20 minutes after cleaning
- Change furnace and air conditioner filters regularly
- If you have a basement or live in an area of high humidity, use a dehumidifier to reduce the humidity in your home

□ Target Animal Dander

Allergy to an animal (such as a cat or dog) is actually a sensitivity to the pet’s skin flakes and fur.

- If you own a furry pet, try to keep it outdoors or find it a new home
- Confine the pet to a room with a hard surface floor and wipeable furniture
- Restrict your furry pet from the bedroom and keep the animal off furniture
- Use high efficiency particulate air (HEPA) filters and vacuum cleaners
- Wash your pet weekly in warm water and soap

