

1 **Scrub** moldy surfaces clean and fix water leaks at home.



2 **Stay** indoors when pollen levels are highest, between 5 a.m. and 10 a.m.

3 Keep **windows** closed in your home and car — use the air conditioner.

HEALTHY TOP TEN

Controlling Allergy Triggers

4 Stay away from strong **odors** or sprays such as perfumes, cooking fumes (especially from frying), paints or varnishes.

5 Follow prescription or nonprescription **medication** directions as directed.



6 Reduce indoor **humidity** with a dehumidifier.

7 Keep **dander** down: pets should stay off of furniture and out of your bedroom.



8 Avoid second-hand **smoke**, wood smoke and chemicals in the air.

9 Look for allergy-inducing ingredients on **food labels** to avoid triggering food allergies.

10 Wash **bedding** weekly in water that is hotter than 130°F.

