

☐ Do you develop allergic symptoms whenever you are around cats or dogs (or after exposure to people who own cats or dogs)?

You may be allergic to dander that has been shed by the animals.

☐ Do you have allergy symptoms that get worse at work and improve when you come home and on your days off?

You could be allergic to substances present in your workplace.

ALLERGIES AND THEIR SYMPTOMS

Allergies can cause many types of conditions and although they may appear significantly different from one another, all of them share the same basic underlying processes.

Allergic rhinitis: nasal stuffiness, sneezing, nasal itching, runny nose, itching of the ears, itching of the roof of the mouth, post-nasal drainage. Symptoms may be seasonal ("hay fever") or year-round.

Allergic conjunctivitis: redness over the eyeball and the underside of the eyelids, watering of the eyes, itching around the eyes, puffiness of the surrounding eye tissue.

Atopic dermatitis (eczema): redness and dryness of the skin, usually on the elbows, knees, and skin folds; itching.

Urticaria (hives): raised red welts, itching.

Anaphylaxis: flushing, urticaria, swelling and congestion of the nose, swelling of the soft tissue under the skin (angioedema), nausea and vomiting, wheezing and shortness of breath, declines in blood pressure. This allergic reaction can be potentially life threatening.

50 WAYS TO OUTSMART YOUR ALLERGIES.

*A Guide To Help You
And Your Physician.*

ALLERGY ACTION

in association with



ASTHMA & ALLERGY
FOUNDATION OF AMERICA



1. Wash your hair before going to bed during pollen season.

2. Don't dry clothes and bedding outside on a

clothesline where pollens and molds will stick to them. **3.** Wash your hands immediately after petting any animal. **4.** Run a night light continuously in dark closets to help reduce molds and mildew. **5.** Bag your child's stuffed animals and keep them in the freezer during the day to kill dust mites. **6.** Stay indoors during the late morning and afternoon when pollen levels are at their highest.



7. Undress outside your bedroom, leaving allergens from other places away from where you sleep. **8.** Remove and wash your clothing immediately after visiting friends with pets. **9.** Seal your pillows and mattresses in allergy-proof coverings so dust mite allergens can't get to you. **10.** Use a dehumidifier to reduce molds, especially in damp, humid places like basements, maintaining a humidity level between 25% and 50%.

11. Remove carpeting in your home. Hardwood, tile, and linoleum are easier to keep dust-free. **12.** If you are allergic to bees, wasps, or yellow jackets, avoid brightly-colored clothing, scented hairspray, deodorant or perfume, and avoid picnics and barbecues.



13. Replace upholstered furniture with plastic, wooden, metal, or leather



furniture that will not serve as a reservoir for allergens.

14. To thoroughly clean, dust with a damp rag or mop, rather than dry dusting or sweeping. **15.** Use a vacuum cleaner with a high "water lift" rating and HEPA filter.

16. Wear a dust mask while vacuuming to avoid stirred-up dust. **17.** Leave a room that was just dusted or vacuumed for at least 20 minutes to allow airborne dust to resettle. **18.** If you live with a pet, close the air

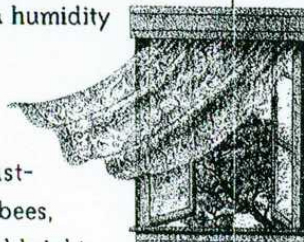
ducts to your bedroom if you have forced-air heating/cooling.

19. Thoroughly clean moldy areas with a 10-to-1 part diluted mixture of chlorine bleach and water. **20.** Do not allow smoking in your home. If household members or guests must smoke, have them do it outside.

21. Have a non-allergenic person clean the cages of small animals like mice and gerbils to avoid allergens in their urine.

22. Keep outdoor exercise reserved for the early morning, late afternoon, or evening hours. **23.** Keep windows in your car closed and put your air conditioner on "recirculate."

24. Avoid using window fans



which draw pollens and molds into the house and swamp coolers which increase humidity. **25.** Air out and clean vacation homes if closed up all winter and susceptible to mold growth. **26.** Inspect and remove major sources of mold growth such as

humidifiers, wet carpeting, rotting flooring, garbage containers, firewood, and water-damaged wallpaper. **27.** When vacuuming, use double-thick disposable vacuum bags and a high efficiency HEPA filter.



28. Plan your vacations during high pollen season, but be sure to choose a place that has low pollen counts, such as the beach. **29.** If you suspect certain foods are causing reactions, consult with your doctor before making radical changes to your diet. **30.** Read the labels on all the foods you buy to detect hidden allergens like milk proteins, eggs, and nuts. **31.** Wear a medical alert-type necklace or bracelet if you have serious allergies or asthma. **32.** Choose pets without fur or feathers (such as fish, turtles, or snakes) to avoid animal dander.

33. Wash thoroughly with soap and water, skin, clothing, pets, and other objects that have come in contact with poison oak, ivy, and sumac. **34.** When using insecticides, have a non-allergic person spray while you are out of the home. Be sure to air out the home for a few hours before returning. **35.** Reduce indoor molds resulting from high humidity by cleaning bathrooms, kitchens, and basements regularly.

36. Avoid contact with irritating fumes generated by wood-burning stoves and kerosene heaters. **37.** Check out your child's school for allergy triggers such as animals in the classroom, cockroaches in lockers, and dust mite allergens found in preschool and kindergarten floor rugs. **38.** Run your stove fan while cooking to lower humidity and remove fumes and smells.

39. Wash all bedding in 130° F water every week to kill dust mites. Hot drying is not enough! (If you set your hot water heater to a lower temperature to prevent children from scalding themselves, wash items at a commercial laundromat that uses high wash temperatures.) **40.** Before taking a long auto trip, have your car's air conditioning unit thoroughly cleaned of mildew and mold. **41.** When exercising outdoors only do so on days that are wind-free. **42.** Install and a vent fan in the bathroom while showering and bathing. **43.** Avoid irritants like tobacco smoke, aerosols, perfumes, and cleaning products with strong odors. **44.** Leave your home while it is being painted and be sure to use latex rather than oil-based paints. **45.** Before relocating, try to visit the new location for 2 to 4 weeks to see if your symptoms improve. Remember that it may take months or years to develop allergic symptoms to a new allergen. **46.** Replace down pillows, feather, and foam pillows with fiberfill products. **47.** Regularly clean the base of your refrigerator, which is a haven for decaying food, insects, dust, and mold. **48.** Prune trees and bushes regularly to avoid heavy vegetation around the house. **49.** Keep your pet out of the bedroom completely so you're not exposed to animal allergens while you sleep. **50.** Talk to your doctor about your symptoms, because you don't have to suffer. Your doctor can prescribe effective treatments for controlling allergic symptoms when you can't escape the allergens that surround you.



Dust Mite



Mold Spore



A MESSAGE FROM DR. ART ULENE



Most people think of allergies as a minor problem, and — for some individuals — they may be. But allergy symptoms can cause discomfort and interfere with your productivity or pleasure. In severe cases, allergies can also be serious, even life threatening.

Recent research has given us a much clearer understanding of allergies, and this has resulted in vastly improved ways to prevent and treat allergic reactions. But many people still suffer from allergic symptoms that could be avoided. Some have allergic reactions because they're not familiar with preventive measures they could be taking, or they use allergy medications improperly. Others suffer because they're not even aware that their symptoms are caused by allergies.

There is no cure for allergies, but there is also no reason to suffer from them. Use the prevention tips in this brochure to reduce your exposure to allergens. Complete the following questionnaire and discuss your answers with your doctor.

And always keep yourself informed.
Knowledge can be very powerful medicine.
We wish you the best of health always.

Art Ulene, MD

Art Ulene, MD
Co-Chair, Allergy Action

DO YOU HAVE ALLERGIES?

Your answers to the following questions can help your physician determine if allergies are a problem for you. Check the box on the left if any of the following statements apply to you.

- ☐ **Do either or both of your parents have allergies?**
Allergies tend to run in families. If neither of your parents is allergic, your risk of developing allergies is about 15 to 25 percent. If one parent is allergic, your risk is about 50 percent; if both are allergic, your risk is about 60 to 75 percent.
- ☐ **Do you develop allergy symptoms when you are outdoors during the spring, summer, or fall, on windy days?**
You could be allergic to airborne plant pollens.
- ☐ **Do you develop allergic symptoms while mowing the lawn or raking leaves?**
You may be allergic to grass pollens or to mold spores that grow in these locations.
- ☐ **Do you have allergic symptoms whenever you spend time in your basement or other dark, damp places?**
You may be allergic to molds that grow rapidly in these environments.
- ☐ **Is your nose usually "clear" when you go to sleep, but stuffy and congested when you wake up?**
You could be allergic to dust mites in your pillow, bedding, or mattress.
- ☐ **Do you experience stomach or intestinal distress, skin rashes, or difficulty breathing every time you eat a particular food?**
You may be allergic to that food.
- ☐ **Do you suffer from very frequent colds or coughs that seem to last for weeks?**
Your "cold" symptoms could be due to allergies.