



MINIMISING INDOOR ALLERGENS AT HOME

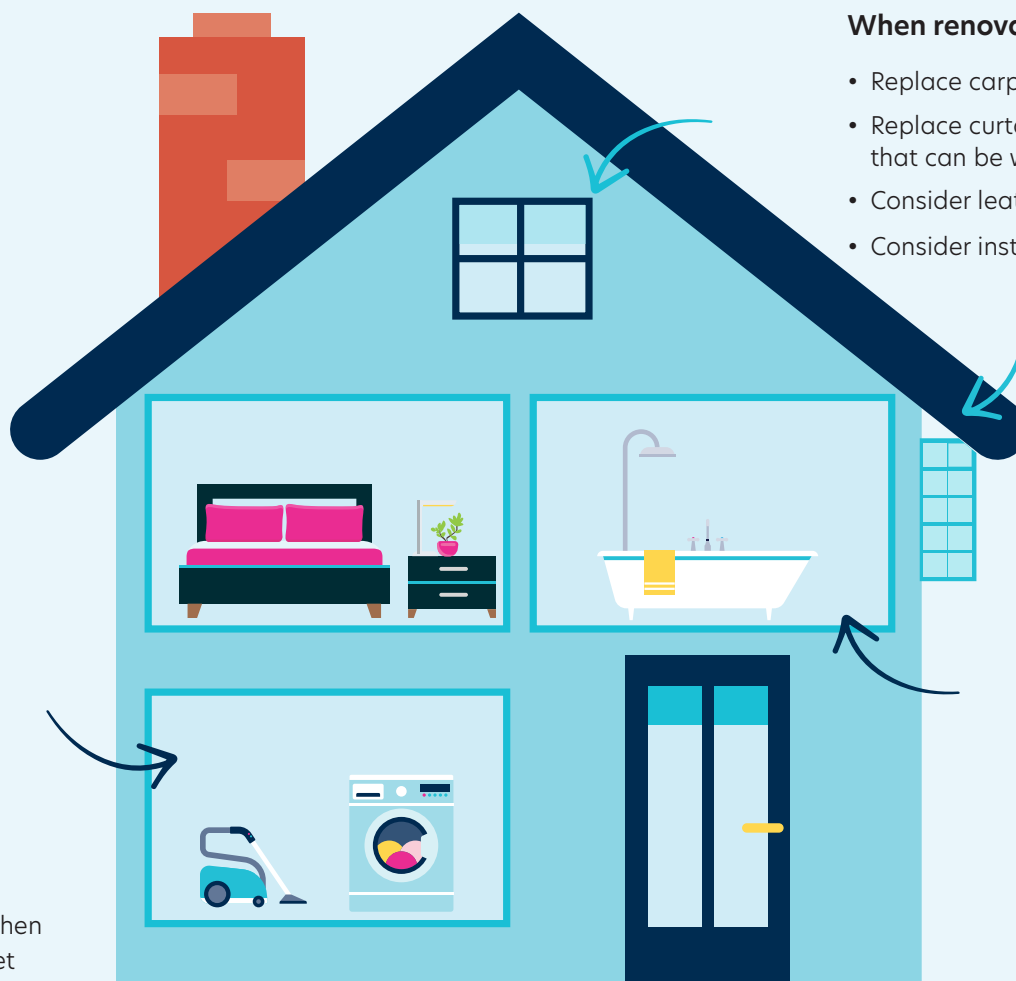
If dust mite allergic:



- Wash all bedding weekly in hot water (above 60°C) and tumble dry to kill dust mites and remove allergens
- Use dust mite resistant covers on mattresses, pillows, and quilts. Wash as per manufacturer instructions
- Remove sheepskins and woollen underlays from beds
- Wooden or plastic toys carry fewer allergens than soft toys. Wash soft toys weekly the same way as for bedding
- Dust with a damp cloth weekly
- Vacuum carpets weekly, using a vacuum with a HEPA filter. Note: there is an increase in dust mites for 20 minutes after vacuuming

If pet allergic:

- Keep pets outside the house
- Consider allergy when choosing a new pet



When renovating or building a home:

- Replace carpets with hard floors
- Replace curtains with blinds or shutters that can be wiped clean
- Consider leather or vinyl lounges
- Consider installing airconditioning

If mould allergic:

- Remove visible mould using diluted bleach or vinegar
- Ensure good ventilation with open windows and extractor fans
- Dry or remove wet carpet
- Fix water leaks to prevent mould growth
- Reduce moisture with a dehumidifier or air-conditioner
- Remove indoor pot plants, as they promote mould growth
- Avoid evaporative coolers and unflued gas heaters, as they release moisture into the air



MINIMISING OUTDOOR ALLERGENS AT HOME

If pollen allergic:

- Stay indoors just before and during thunderstorms in pollen season to reduce the risk of thunderstorm asthma. Do not open doors or windows or go outside until the storm has passed

If pollen allergic:

- Keep windows and doors closed when windy, during storms and when grass is being mown
- Use air conditioning instead of opening windows
- Avoid being outdoors when pollen counts are high
- Wear sunglasses outdoors (to reduce the amount of pollen that gets into the eyes)

If pollen allergic:

- Shower and change clothes after being outside on high pollen days
- Dry sheets and clothes inside, or in a tumble dryer, to reduce the pollen they collect
- Avoid playing or sitting on grass, and stay indoors when grass is being mown
- Replace allergy-triggering plants in the garden

If mould allergic:

- Avoid working with garden compost or mulch
- Don't use mulch on garden beds under open windows

