



ALLERGEN AVOIDANCE ADVICES

○ Indoors (avoid pollens):

Allergen-proof covers for pillows, duvets

Hot wash 60°C once a week of all bedding

Vacuum weekly with HEPA filter

Choose hard wood, vinyl floor or tiles instead of carpet

Fit roller blinds that can be easily wiped clean

Reduce nr. cuddly toys and wash at 60°C

Avoid keeping a furry/feathery pet **indoor**/in bedroom
and bath them regularly (**No** benefit from washing cats)

Keep humidity <50% in house

○ Outdoor (avoid dust):

Avoid being outdoors in high pollen count

Keep car/house windows closed

Use High-Efficiency Particle Air (HEPA) air filters

Shower, wash your hair after being outdoors

Vacuum regularly inside of your car

Vacuum regularly baby car sit