

ALLERGY, ASTHMA & SINUS CENTER P.C.

BEHNAM DAGHIGH, M.D. HUONG THAI-KEMPROWSKI, M.D. KUNAL SHAH, M.D. JILL HAM, N.P.
Diplomate American Board of Allergy & Immunology

19465 Deerfield Avenue, Suite 101 ♦ Leesburg, VA 20176 ♦ 703-726-9720 ♦ Fax 703-726-9721
205 E. Hirst Road, Suite 202 ♦ Purcellville, VA 20132 ♦ 540-338-1215 ♦ Fax 703-726-9721
46169 West Lake Drive, Suite 140 ♦ Sterling, VA 20165 ♦ 703-444-8592 ♦ Fax 703-726-9721

REDUCING YOUR ALLERGIES

- 1) DUST ALLERGY:** Advise purchasing impermeable bedding covers with zippers for pillows, mattress, and boxspring. Wash the sheets and blankets weekly in hot water > 130 F. Also remove any reservoirs for dust mite, including rugs, carpets, curtains, stuffed animals, upholstered furniture, especially in room where patient spends significant amount of time. Keep indoor humidity < 50%. Stuffed animals may be washed in hot water weekly, or placed in dryer or freezer weekly to kill mites. If carpet cannot be removed, then a HEPA vacuum cleaner should be used.
- 2) POLLEN ALLERGY:** When outdoors, consider wearing face mask for yard work. When coming indoors after pollen exposure, shower and remove clothes before going to bed. Windows should be closed as much as possible during pollen season, especially in the afternoons. Advise purchase of a HEPA air purifier with filter either for central ventilation system or portable unit to place at head of bed while sleeping at night during pollen season. This will help filter out the airborne pollen and minimize the amount breathed in while sleeping.
- 3) PET (CAT OR DOG) ALLERGY:** If unable to remove pet from the home environment, then at least a PET-FREE ZONE should be created in the room where the most time is spent, such as the bedroom. Wash hands after contact with pet; and change clothes before going to bed. Consider purchasing a HEPA air purifier. Also reservoirs for pet dander, such as CARPETS and upholstered furniture should be removed, especially in the bedroom and wherever the most time is spent. If unable to remove carpet, vacuum with a HEPA filter would be helpful. The pet should be washed weekly to minimize allergen and may consider washing with 'Allerpet' (conditioning solution or shampoo) which may be found online. For ex. www.allergyasthmatech.com
- 4) MOLD ALLERGY:** Keep humidity low in the house, and use exhaust fan in kitchen when cooking or bathroom after showering. May use air conditioner in the summer, and dehumidifier if indoors is humid /moist, such as in the basement. Clean out any areas of moisture accumulation with a bleach and water. Can combine a cup- full of bleach with a bucket of water and sponge off moist areas such as in the bathtub or window sills. Fix water leaks in the home or immediately around the home.
- 5) DRY SKIN:** general advice includes:
 - a) Daily or twice daily use of moisturizers for sensitive skin which are fragrance-free such as Aveeno, Eucerin, and Cetaphil.
 - b) After bathing, should pat rather than rub dry with towel to leave moisture in skin.
 - c) For sensitive skin, avoid scented products such as perfumes, fabric softeners, and get detergents that are free of scents, for example, Tide – FREE or Dreft for children, etc.