

## BASIC MEASURES TO CONTROL EXPOSURE TO INDOOR ALLERGENS

INDOOR ALLERGENS	RECOMMENDATIONS FOR REDUCING EXPOSURE
Animal dander	Remove animal from house, or at minimum, keep animal out of patient's bedroom. Keep pet in a room with a HEPA filter and replace the filter as recommended by the manufacturer.
Dust Mites	<p>Less costly</p> <ol style="list-style-type: none"> <li>1. Encase mattress, pillows, and box spring in allergen-impermeable covers. Finely woven covers for pillows and duvets are preferable.</li> <li>2. Wash bedding weekly in warm water with detergent or use electric dryer on hot setting. Reduce indoor humidity to &lt;50 percent</li> </ol> <p>More costly</p> <ol style="list-style-type: none"> <li>1. Remove carpets from the bedroom</li> <li>2. Replace old upholstered furniture with leather, vinyl or wood</li> </ol>
Cockroaches	<ol style="list-style-type: none"> <li>1. Use poison bait or traps to control. Consult professional exterminator for sever infestation.</li> <li>2. Periodically clean home thoroughly.</li> <li>3. Encase all food fully and do not store garbage or papers inside the home.</li> <li>4. Fix water leaks</li> </ol>
Indoor mold	<ol style="list-style-type: none"> <li>1. Clean moldy surfaces with diluted bleach solution.</li> <li>2. Fix water leaks.</li> <li>3. Reduce indoor humidity to &lt;50 percent. Avoid use of humidifiers.</li> <li>4. Evaporative (or swamp) coolers should be avoided or cleaned regularly</li> </ol>
Rodents	<ol style="list-style-type: none"> <li>1. Consult a professional exterminator.</li> <li>2. Periodically clean home thoroughly</li> <li>3. All food should be stored in sealed containers. Do not store garbage inside.</li> <li>4. Repair holes in walls, doors, floors, and block other entry points</li> </ol>

THE MEASURES THAT CAN EFFECTIVELY REDUCE EXPOSURE ARE  
DIFFERENT FOR EACH INDOOR