

North Country Allergy & Immunology Associates
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ENVIRONMENTAL CONTROL

For people who are allergic to dust and mold and pollens.

1. If you have a forced air blower, change furnace filters every month. Hi-tech filters are available. Permanent filters need cleaning every month or 3-M filters are available in hardware stores.
2. Place 2 layers of cheesecloth behind registers of rooms in which you spend a great deal of time; for example, a bedroom, den, or TV room.
3. Use zipper bags (allergy proof encasings) for the box springs and mattresses. You need to cover all the beds in the room.
4. For heavy cleaning, vacuuming, lawn mowing, woodworking, and so forth, use dust and pollen masks. These may be obtained at drug stores, hardware stores, or paint stores.
5. Keep animals out of the bedroom and keep the door closed. Bathe cat every three weeks.
6. No feather pillows, jackets, comforters, fur coats or jackets in the bedroom.
7. No plants in the bedroom.
8. Air purifier for the bedroom and/or house for winter time use. See information provided.
9. If you use a humidifier for the bedroom and/or house, you must clean floor models weekly and table top models daily with a 1 to 10 solution of bleach and water.
10. Air conditioner for the bedroom and/or house.
11. New pillow every other year.
12. Dehumidifier for damp basements.
13. No smoking in the home.
14. Heavy mill plastic to dirt floors and crawl spaces. Hold in place with stone or bricks.
15. Obtain a Hepa filter vacuum cleaner or use "allergy" vacuum cleaner bags.
16. Remove carpet from bedroom.