

# Living Well Tip of the Week

Approximately 16.7 million office visits to health care providers each year are attributed to allergies. (CDC)

*Common Allergies: Dust Mites, Grass Pollen, Cockroaches, Mold Spores, Pets, Ragweed Pollen, Tree Pollen*

## Simple Ways To Lower your Allergies:



- ❖ Mop kitchen floor & wash countertops at least once a week
- ❖ Wash all beddings & blankets once a week in hot water
- ❖ Use a damp mop or rag to remove dust. Never use a dry cloth since this just stirs up mite allergens
- ❖ Wear protective gloves & a dust mask while cleaning
- ❖ Use a dehumidifier or air conditioner to maintain relative humidity at about 50% or below
- ❖ Avoid the outdoors between 5-10 am
- ❖ Keep windows in your home & car closed
- ❖ Replace heavy drapes & blinds with washable curtains or shades
- ❖ Check faucets, pipes & ductwork for leaks
- ❖ When doing yard work, wear a mask & avoid working on hot, humid days

**How bad are your allergies? Take the Allergy Assessment & see!**

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