

# Living Well Tip of the Week

**More than half of all Americans test positive to one or more allergens.**



*Here are some tips to help you avoid the most common allergens:*

**•Pollens**

Shower or bathe before bedtime to wash off pollen and other allergens in your hair and on your skin. Keep windows and doors shut on high-pollen days, and use an air conditioner at home and in your car.

**•Mold**

Remove houseplants and frequently clean shower curtains, bathroom windows, damp walls, and indoor trash cans. Open doors and windows and use fans to increase air movement and help prevent mold. Reduce the humidity in your home by using a dehumidifier and cleaning or replacing air filters.

**•Pet dander**

Keep pets outside if possible. To reduce the amounts of pet dander in your home, use allergen-resistant bedding, bathe your pet frequently, and use an air filter.

**•Dust and dust mites**

Mop and vacuum regularly. Vacuum soft furniture and curtains as well as floors. Wash all bedding in hot water every 7 to 10 days. Lower the humidity in your home using a dehumidifier.

**Take the Allergy Assessment on our Living Well Health Manager at [www.webmdhealth.com/ut](http://www.webmdhealth.com/ut) for a personalized Clinical Summary and Treatment Plan for your allergy symptoms.**