

Goal to Reduce Allergic Symptoms in the Home

ALLERGEN

NOW!!

NEXT

LONG TERM

Dust Mite

<input type="checkbox"/> Encase pillow/mattress	<input type="checkbox"/> Decrease humidity to under 45% with an a/c or dehumidifier	<input type="checkbox"/> Replace carpet with polished flooring
<input type="checkbox"/> Encase box spring (vinyl ok)	<input type="checkbox"/> Acarosan® once a year	<input type="checkbox"/> Replace upholstered furniture with wood, vinyl or leather
<input type="checkbox"/> Wash bedding/blankets in HOT Water every 7-14 days (if washable)	<input type="checkbox"/> Tannic Acid Solution on upholstered furniture or rugs every 3 months	<input type="checkbox"/> Living areas should be above ground and not on slab (carpets on slabs breed musty conditions)
<input type="checkbox"/> Place blankets in dryer in for 10 minutes if not washable	<input type="checkbox"/> Buy HEPA vacuum cleaner	<input type="checkbox"/>
<input type="checkbox"/> Reduce clutter	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Encase comforters if not washable	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Vacuum/dust weekly using HEPA filters and double bags	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Hot water wash or freeze stuffed toys WEEKLY	<input type="checkbox"/>	<input type="checkbox"/>

Pets

<input type="checkbox"/> Keep pets out of bedroom and confine the to a washable room (e.g. kitchen or laundry room)	<input type="checkbox"/> HEPA filter room (put on table)	<input type="checkbox"/> No new furred or feathered pets
<input type="checkbox"/> Keep pet outdoors	<input type="checkbox"/> HEPA filter central (keep fan in "ON" position)	<input type="checkbox"/>
<input type="checkbox"/> Remove pet	<input type="checkbox"/> Remove carpet and upholstered furniture if possible (allergens very hard to remove with these present)	<input type="checkbox"/>
<input type="checkbox"/> Close bedroom doors and vents	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Wash pet 2x per week	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Wash after contact	<input type="checkbox"/>	<input type="checkbox"/>

Molds

<input type="checkbox"/> Dehumidifier in basement	<input type="checkbox"/> Discard moldy furnishings	<input type="checkbox"/> Move to above-ground home with lower humidity
<input type="checkbox"/> Decrease humidity to 40-60%	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Clean areas with fungicide	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Dry clothing/shoes before placing them in closet	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Repair water leaks	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Plants in moderation	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>