

Q.

What can I do to reduce seasonal-allergy symptoms at home?

A.

You open the shades on a sunny summer day to let in some sunlight. Maybe you take a walk in the park, or work in the yard.

That might sound refreshing. But if all you can see is green grass, flowers in bloom, and clouds of dust, pollen and other allergens in the air, you might be thinking, “Oh no. It’s allergy season.”

Seasonal allergies: About 50 million people in the United States suffer from seasonal allergies.¹ Common symptoms include...

- Itchy, watery eyes
- Sneezing
- Coughing
- Runny nose
- Sinus pressure
- Maybe even trouble breathing if you have asthma²

Q: If your summer season includes a lot of tissues, elbow coughing, and even missed days at work because of seasonal allergies, is there anything you can do about it?

A: Yes.

Cleaning tips to beat seasonal allergies

It’s tough to avoid many of the allergens that trigger an allergic reaction. It’s even harder if you spend a lot of time outside.



But inside...a little cleaning can go a long way to help you breathe easy and avoid asthma and allergy problems.

Here are some things you can do:³

In the kitchen

- Clean floors, cabinet surfaces, backsplashes and appliances weekly. Use soap and water.
- Keep the refrigerator clean. Use a little vinegar to clean.
- Use an exhaust fan when you cook to reduce moisture and mold.

In bedrooms/living room

- Use dust-proof covers for pillows, mattresses, and box springs.
- Wash bedding weekly.
- Vacuum carpets, sofas, and chairs weekly.
- Wash rugs and floor mats weekly. Mop hard surfaces.

In the bathroom

- Use an exhaust fan to reduce moisture from baths and showers.
- Wash rugs, mats, and linens weekly.
- Dry the tub or shower with a towel after use to prevent mold growth.

ASK THE WELLNESS DOCTOR

Around the house

- Keep windows closed during allergy season. Use air conditioning (AC).
- Get rid of any items that collect dust.
- If you have indoor pets, keep them out of the bedroom.
- Change the air filters in your air-conditioning and heater seasonally.
- Avoid using cleaning sprays.⁴ Research shows frequent use of cleaning sprays increases the risk for asthma and breathing problems. Use vinegar.

If you have asthma or allergies, you can still enjoy sunshine and summer. Just take a little extra time to keep your house clean to reduce dust, pollen, and other allergens.

References

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