



# Asthma and Allergies

## Allergies can make your asthma symptoms worse.

Household pests (like cockroaches, dust mites, and mice), mold, pollen, and even your pets can cause asthma symptoms to flare up. Fortunately, there are some steps you can take to avoid these triggers.

### Indoor Allergies

- Limit the amount of carpeting and upholstered furniture.
- Vacuum, clean, and dust on a regular basis.
- Use covers that don't let dust or mites through ("allergen-impermeable") for mattresses and pillows.
- Wash sheets and blankets weekly in hot water (at least 130° F).
- Limit stuffed toys and wash them weekly.
- Keep the indoor humidity level below 60%.
- Keep pets out of the bedroom.
- Use a HEPA filter.

### Outdoor Allergies

- Try not to go out in the afternoon, when pollen counts tend to be highest.
- In hot weather, use air conditioning and keep the windows closed. This will help keep pollen out of the air in your home.