

ALLERGY CONTROL MEASURES

I. HOUSE DUST MITE AND HOUSE DUST

1. Cover mattress/bed and pillow with thin plastic sheet tightly and zip it close.
2. Then they should be covered with clean bed sheets and pillow covers, (which are washed thrice a week).
3. Wash pillow covers and bed sheets once a week in hot water (> 130F) to kill all the mites.
4. The mattress and the pillow should be kept in the hot sun for 3 hours once a week after removing the plastic cover. (This also kills mites. Dead mites can also cause allergy). So these should be dusted thoroughly before bringing it into the house and encase it in plastic cover.
5. Avoid using blanket 2 or 3 bed sheets can be used instead. If a blanket is used, cover it with a plastic sheet (like bed) and use a clean bed sheet underneath it. Blanket should be dry cleaned once in two weeks.
6. Avoid upholstered furniture in the bedroom and living room. Avoid woolen carpets, wall hangings, curtains etc. if required use washable materials.
7. Vacuum clean and wet mop the house at least once a day.
8. Keep stuffed toys away from the wheezy children. If necessary use washable toys and wash weekly in hot water.
9. Don't clutter your bedroom and living room.
10. Keep all your clothes inside the enclosure / cupboard or suitcase.

II. COCKROACH

1. Keep all foods out of your bedroom.
2. Keep food and the garbage in the closed container.
3. Use poison (laxman rekha) Boric powder (with flour sugar and milk)

or sprays regularly to contain the cockroach population.

4. If spray is used, Stay out of the house / room until the odor goes away.

III. FUNGI AND MOLDS

1. Fix leaky taps, pipes or other sources of water. Don't let water to stagnate.

2. Clean moldy surfaces with a cleaner that has bleach in it

3. Use a closed container to store garbage and dispose as soon as possible. Avoid dumping outside the house.

IV. POLLENS

1. Try to keep your windows closed.

2. Stay indoors with windows closed during midday and afternoon. Pollen and some fungal spores are highest at that time.

3. Wear pollution mask going outdoors.

4. Clear all weeds around your house.

V. MOSQUITO

1. Don't use mosquito coils, mats or liquidators.

2. Use netlon / Mosquito nets instead, and wash them once a week.

3. Don't let water to stagnate in and around the house.

VI. PETS

1. Keep furred or feathered pets out your house.

2. If you can't remove pets from the house, keep them out of your bedroom and keep the bedroom door closed.

3. Remove carpets and furniture covered with cloth from your home. If

that is not possible, keep the pets out of your bedroom where these are present.

VII. TOBACCO SMOKE/STRONG ODOURS AND SPRAYS

1. Please ask your family members and friends not to smoke around you.
2. If you are smoking, you have to stop; it is one of the most important factors in your treatment.
3. Avoid strong smells, perfumes and paints. Avoid using kerosene stoves and firewood.

VIII. EXERCISE AND SPORTS

1. You should be able to be active without symptoms. If you have asthma symptoms when you are active, see your doctor for taking the medicine before exercise.
2. Don't play outside when the air pollution levels are high.

XI. OTHER CARE

1. Avoid sleeping on full stomach. Go to bed 2 hour after dinner. Avoid greasy, spicy and oily food at bedtime.
2. Avoid foods with preservatives and colors.