

# ALLERGIES



## AWARENESS & PREVENTION

Allergies affect millions worldwide, causing discomfort and inconvenience. Understanding their triggers and prevention methods is key to maintaining a healthy lifestyle. Here are some insights and home preventatives:

### Common Allergens



**Pollen:** Trees, grasses, and flowers release pollen, triggering seasonal allergies.



**Dust Mites:** Found in bedding, upholstery, and carpets, dust mites can aggravate allergies.

**Pet Dander:** Cats, dogs, and other furry pets shed dander, a common allergen.



**Mold:** Thrives in damp environments like bathrooms, kitchens, and basements.



**Food:** From strawberries, chocolate, to peanuts. Foods factor into the most common allergens.



### At-Home Preventatives

**Regular Cleaning:** Vacuuming, dusting, and wiping surfaces help reduce allergen buildup.

**Air Purifiers:** Invest in HEPA air purifiers to trap airborne allergens effectively.

**Bedding Care:** Wash bedding in hot water weekly to eliminate dust mites.

**Pet Maintenance:** Brush pets regularly and bathe them to minimize dander.

**Allergen-proof Covers:** Use allergen-proof covers on pillows and mattresses.

**Humidity Control:** Maintain indoor humidity levels below 50% to deter mold growth.

## Symptoms of Allergies

**Sneezing**



**Runny or Stuffy Nose**



**Itchy, Watery Eyes**



**Skin Rashes or Hives**



**Shortness of Breath**



### Consult Your Doctor:

If allergies persist or worsen, consult an allergist or healthcare professional for personalized advice and treatment options.

*Take care of your health and schedule an appointment at our clinic for health screenings and other daily health checkups.*



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