



Environmental Control

Outdoor Pollen Avoidance

- In Southern California, pollination lasts year-round.
- Stay indoors with windows closed as much as possible, especially when the air levels of the pollen and/or mold that you are allergic to are high
- Pollen levels tend to peak in the morning hours.
- You can check pollen levels on Allergy Alert App or Pollen.com
- There are several apps with allergy forecasts
- Seasonal allergic rhinitis is often caused by tree pollen in the early spring. During the late spring and early summer, grasses often cause symptoms. Late summer and fall hay fever is caused by weeds.

Outdoor Mold Avoidance

- Avoid raking the leaves.
- Stay away from compost piles.
- Stay away from heavily wooded areas.
- Avoid cutting the grass.
- Stay away from hay bales.

Indoor Mold Avoidance

- Reduce indoor dampness and humidity, because indoor molds require dampness to grow (usually found in basements, bathrooms or anywhere with leaks).
- Promptly repair and seal leaking roofs or pipes.
- Use air conditioning and dehumidifiers to keep humidity levels below 50%. Using dehumidifiers in damp basements may be helpful, but empty the water and clean units regularly to prevent mildew from forming.
- Avoid storing items in damp areas.
- All rooms (especially basements, bathrooms and kitchens), require ventilation and cleaning to deter mold and mildew growth.
- Clean up mold growth on hard surfaces with water, detergent and, if necessary, 5% bleach (do not mix with other cleaners), and then dry the area completely.
- If mold covers an area more than 10 square feet, consider hiring an indoor environmental professional.
- For clothing, washing with soap and water is best. If moldy items cannot be cleaned and dried, throw them away.
- Ensure regular inspection of heating and air conditioning units to prevent contamination with mold. Use HEPA air filters in main living areas and bedrooms.
- Minimize upholstered furniture.
- Replace carpets with hard flooring (e.g. linoleum or wood), and avoid installing carpeting on concrete or damp floors.
- Keep firewood outside until ready to use.
- Air-dry shoes before putting them into closets.
- Keep houseplants to a minimum and avoid live Christmas trees.



Environmental Control

Cockroach Control

- Hire a pest control expert/exterminator.
- Block all areas where roaches could enter the home, including crevices, wall cracks and windows.
- Fix and seal all leaky faucets and pipes, because cockroaches need water to survive.
- Remove food sources
- Keep food in lidded containers and put pet food dishes away after your pets are done eating.
- Vacuum and sweep the floor after meals, and take out garbage and recyclables.
- Use lidded garbage containers in the kitchen.
- Wash dishes immediately after use and clean under stoves, refrigerators or toasters where crumbs can accumulate. Wipe off the stove and other kitchen surfaces and cupboards regularly.
- Wash down all surfaces, floors, and walls with detergent
- Wash all bedding, clothing, and curtains that could have been in contact with cockroaches.

Pet Allergen Control

- There are no “hypoallergenic” breeds of cats or dogs. Giving the pet away is the best control, which most pet owners are unwilling to do. Even after removing a cat from the home, the level of allergen will remain elevated for the next 5-6 months.
- Remove the pet from the home- keeping the animal outdoors
- If unable to keep the pet outdoors, then minimize contact and keep the pet out of the bedrooms and other rooms where you spend a great deal of time.
- Do not allow the pet on upholstered furniture
- Wash hands after handling pets
- Thoroughly clean carpeting, floors, walls and upholstered furniture weekly
- Mattress, pillow, boxspring and duvet cover encasings, pore diameter needs to be smaller than 6 microns
- HEPA air filter may reduce airborne pet allergen exposure
- Wash your pet often
- Cats at least weekly
- Dogs twice weekly
- Rabbits, hamster, mice and guinea pig urine is the source of allergen. Ask a non-allergic family member to clean the cage.
- Vacuum carpets often with a HEPA filter attachment or replace carpeting with hard flooring (ie hardwood, linoleum, or tile).