

# Avoid Your Allergy Triggers

Allergy triggers are substances like pollens and dust, which cause allergic reactions. Knowing your triggers – and avoiding them when possible – can help you to manage your allergies better.



**Outdoor Triggers: Pollens** Pollen in the air is perhaps the hardest thing to control. You can find pollen reports in the newspaper, on the internet at <http://www.aaaai.org>, or call 1-800-9-POLLEN for pollen reports.

The following tips can help you manage pollens:

- Limit the time you spend outside on days when pollen counts are high, especially on warm and windy days.
- Keep your house and car windows closed and use air conditioning.
  - Air conditioning in the home will decrease indoor pollen counts if it re-circulates indoor air instead of drawing in pollen from the outside air.
- Do not plant trees and shrubs near the house. Use non-allergenic trees.
- Get rid of weeds by cutting them or using weed killers.
- Wear a dust mask while gardening or exercising outdoors.
- Shower after coming in from outdoors, wash your hair, and put on fresh clothing.
- Wash hands to remove pollens and do not rub face or eyes with hands.

## Indoor Triggers: Dust Mites & Mold



- Vacuum and dust well. Get rid of dust collectors & clutter.
- Cover mattress and pillows with dust mite-proof cases.
- Consider the use of an electrostatic furnace filter and/or room HEPA filter.

## Pet Dander



Animal dander commonly causes allergies. Pets also carry pollens into the house.

- Keep pets outdoors or at least out of the bedroom.
- If pets are kept indoors, bathe them frequently (every 2 weeks).

## Resources

For more information on preventing and treating allergy symptoms:

- See your Kaiser Permanente Healthwise Handbook,
- Call the HealthPhone at 1-800-332-7563 and listen to message #476, or
- Visit the Kaiser Permanente website at [www.members.kp.org](http://www.members.kp.org) (select Get Health Advice, Health Encyclopedia, search for “allergic rhinitis”).



KAISER PERMANENTE®

Pharmacy Services 12/04

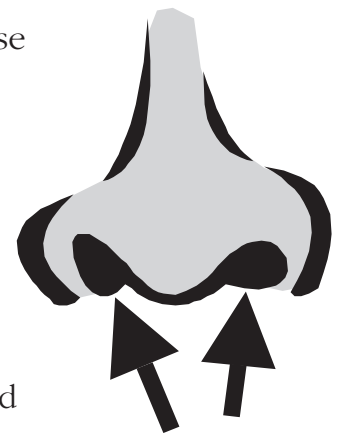
# Anti-inflammatory Nasal Sprays



- Most effective treatment for nasal allergy symptoms.
  - Most effective if used DAILY.
  - May take a few days to work. Maximum effects are usually seen within a couple weeks.
- SAFE for long-term use
    - These sprays work in the nose, not in the blood, so they have very few side effects. The most common side effect is irritation to the nose.
    - Do not exceed the prescribed dosage.

## Tips for proper use

1. If it's necessary to clear nasal passages, gently blow your nose before spraying.
2. Aim the spray in your nostril towards the outer wall of your nose, NOT the middle divider. Spray each nostril using the opposite hand (e.g. use the **left hand** to spray the **right nostril**).
3. Spray into the nostril (as in #2) while tilting your head down and breathe out through your mouth slowly.
4. If your nose becomes dry or you have some bleeding, use a saline nose spray BEFORE using the inhaler or spray. Saline nose sprays are available without a prescription at your Kaiser Permanente Pharmacy.



KAISER PERMANENTE®

Pharmacy Services 1/05