

Avoid Your Allergy Triggers



Allergy triggers are substances like pollens and dust, which cause allergic reactions. Knowing what triggers your allergies and avoiding them when possible can help you to manage your allergies better. Each person with allergies has a unique set of triggers. You can often find the cause of an allergy by paying attention to when your symptoms start, like after you've mowed the lawn, or while cleaning out a dusty corner of the garage.

Here are some tips:

Outdoor Triggers: Pollen

- Reschedule or limit your outdoor activities especially on warm, windy days when the pollen counts are high. Check your newspaper or the internet for pollen information.
- Use other precautions such as wearing a mask, keeping doors and windows closed, and using air conditioning.
- Keep your car windows rolled up.
- Shower after being outdoors, change your clothes, and rinse your nostrils with saline nose spray. Be sure to wash your hair to remove any pollen.
- Avoid hanging clothes outdoors to dry.

Indoor Triggers: Dust Mites & Mold

- Vacuum and dust well. Get rid of clutter and objects that can collect dust.
- Use dust mite-proof cases to cover mattress and pillows.
- 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 Health Encyclopedia in the Health and Wellness section on the Kaiser Permanente website at www.members.kp.org.