

Allergy Bakers Dozen: Things to do to decrease allergen exposure in the home

- 1) Houseplants – keep on the dry side to decrease mold growth. Keep out of the bedroom due to mold sensitizing
- 2) Christmas trees – grow mold quickly
- 3) Blue jean buttons – use clear nail polish on the back to keep from skin exposure to nickel
- 4) Perfume – minimize use (volatile organic compounds)
- 5) Candles – as allergenic as cigarettes
- 6) Soaps and detergents – choose ones with no phthalates
- 7) Carpeting – get rid of it due to the dust mites and built up dust/allergens
- 8) Spices – key offenders: coriander, poppy seeds, pepper, paprika, cumin, saffron
- 9) Wall paint – volatile organic compound
- 10) Beer and alcohol – corn, barley, rye, agave (makes tequila), are all high in sulfur dioxide
- 11) Dry-cleaned clothes – air out outside with plastic off before bringing inside
- 12) HVAC filters – change every three months minimum (with the changing seasons)
- +1) Pets – out of the bedroom!