

TIP OF THE MONTH



Allergic reactions are as diverse as the people themselves; however, more and more people are developing severe allergies as a result of living in a toxic world. When the human body can no longer tolerate the chemical or environmental allergens, it will react in a variety of ways. Some of the symptoms could include: hives, burning eyes, wheezing, coughing, congestion, headaches, dizziness, increased sensitivity to odors, rashes, and many other things.

So how do we deal with this imperfect system? You as an individual can do some things to help minimize the exposure to the allergens that cause you so much misery. Listed below are some tips to help you:

- Use a high efficiency particulate air (HEPA) filter. These filters can help reduce airborne allergens and irritants such as animal dander, pollen and dust.
- Change air filters regularly.
- Dust and vacuum regularly to help minimize the dust level.
- Use special allergen-impermeable casings for mattresses and pillows to keep allergens from reaching you.
- Terrazzo and tile flooring also limit dust mite exposure. These floorings don't provide the soft nesting areas that carpets do.
- Cover mattresses, box springs, and pillows with zippered allergy-proof casings.
- Clean your shower or bathtub with a bleach solution to kill any mold or fungus growth.
- Avoid smoke from cigarettes, fireplaces, and barbecues.
- Minimize the use of powders, aerosols, scented lotions, perfumes, and colognes that can irritate your nose or skin.
- For pet allergies, the best defense is to reduce exposure to pets. Keep the dog or cat out of the bedroom or living room, and bathe the animal frequently.
- Avoid windy days by staying indoors.
- If you plan on working in the yard or garden, wearing an inexpensive painter's mask can be an effective barrier between pollens and mucous membranes.

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While you may or may not suffer from a chemical sensitivity and environmental allergies, please be considerate of other staff in your area that are sensitive to the odors of perfumes, colognes, potpourri, air freshener, aerosols, and any other scented items which may trigger an allergic reaction.