Living Well Tip of the Week

Approximately 16.7 million office visits to health care providers each year are attributed to allergies. (CDC)

Common Allergies: Dust Mites, Grass Pollen, Cockroaches, Mold Spores, Pets, Ragweed Pollen, Tree Pollen

Simple Ways To Lower your Allergies:

- Mop kitchen floor & wash countertops at least once a week
- Wash all beddings & blankets once a week in hot water
- Use a damp mop or rag to remove dust. Never use a dry cloth since this just stirs up mite allergens
- Wear protective gloves & a dust mask while cleaning
- Use a dehumidifier or air conditioner to maintain relative humidity at about 50% or below
- Avoid the outdoors between 5-10 am
- Keep windows in your home & car closed
- Replace heavy drapes & blinds with washable curtains or shades
- Check faucets, pipes & ductwork for leaks
- When doing yard work, wear a mask & avoid working on hot, humid days

How bad are your allergies? Take the Allergy Assessment & see!
Log onto www.webmdhealth.com/ut & Select “Living Healthy” - “Assess my Health”