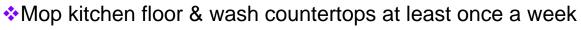
Living Well Tip of the Week

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:



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 <u>www.webmdhealth.com/ut</u> & Select "Living Healthy"- "Assess my Health"

