



## How To Allergy-Proof Your House

Use damp microfiber clothes to trap dust instead of using a feather duster, cloth, or a brush to dust the deposits.



Use approved air filters and have them checked periodically.

Wash bedsheets and pillow covers regularly.



Keep your bed and mattress clean.

Take the necessary steps to avoid pollen from entering your house.



Use a bagless vacuum with HEPA filters.

Vacuum curtains, sofas, and furniture sets regularly.



Declutter your house by removing things that you do not need.

Keep pets out of your bedroom to limit dander in the sleeping area.



Avoid scenting your home with room sprays, candles, or oils.

Replace carpet with linoleum, tile, or hardwood.



### References:

1. Reducing Allergens at Home; Cedars Sinai
2. Hidden Allergens at Home; National Jewish Health