

POLLEN ALLERGEN

Helpful tips for pollen allergen avoidance

- **Stay indoors when possible** – Though it may be hard to avoid going outside, doing so when pollen counts are at their peak is critical. This helps ensure that your patient is not bringing pollen into their home.
- **Use a HEPA air filter** – Use a HEPA filter in the home to help reduce mold and other allergens in the home.
- **Wear a pollen mask and sunglasses** – Wear a NOISH-rated 95 filter mask when spending time working in the garden, mowing the lawn, or raking leaves. Wearing glasses or sunglasses is also important.
- **Frequently wash face and hands** – Advising your patient to wash their face/hands after spending anytime outdoors and change their clothes before getting comfortable on the couch can help them avoid pollen.
- **Bathe daily** – Daily showers before bed can help keep pollen and other allergens out of the bedroom.
- **Wash bedding** – Washing bedding in soapy, hot water each week can be a big help with allergen reduction in the bedroom. In addition to bedding, it's important to remember to wash curtains, rugs, and pillows.
- **Use a HEPA vacuum/steam clean carpets** – Use a vacuum with a HEPA filter and steam clean the carpets and upholstered furniture to help reduce allergens in the home.
- **Keep windows closed** – Keep windows closed to help keep pollen and other allergens out of the home.
- **Additional measures for pet owners** – If your patient has a pet, there are additional measures they should take to help reduce the amount of pollen allergens they may be bringing indoors.
 - Keep pets off the furniture and out of the bedrooms.
 - Frequently bathing pets is key for reducing allergen levels in the home.

Does your patient have pollen allergen in their home?

Exhale is the first and only Do-It-Yourself test that measures your home for mold, dust mite, pollen, mouse, roach, cat and dog allergens. Designed and trusted by leading allergists. Proven to directly measure allergens and molds impacting the health of allergic individuals. It's the missing puzzle piece to your allergy and asthma prevention and treatment plans

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