



Allergy Trigger Control Tips

Molds

Molds live both indoors and outdoors and give off spores that can cause allergic reactions.

1. Clean and remove moldy areas in and around your home with fungicide or bleach.
2. Use a dehumidifier to reduce humidity in your home.
3. Avoid greenhouses, sleeping bags, outdoor sheds, and walking through uncut fields.
4. Avoid mowing grass, handling mulch or compost, raking leaves, or working with hay.
5. Avoid using fans that draw in outside air; when possible, use an air conditioner on recirculate and keep windows and doors closed.
6. Fix water leaks.
7. Thoroughly dry clothes before storing.

Cockroaches

Cockroach saliva, fecal matter, and shed skins are the main sensitizers for humans.

1. Keep your home clean: wash dishes, vacuum and remove trash regularly.
2. Keep food and garbage in closed containers.
3. Do not store paper bags, newspapers, or cardboard boxes in your home.
4. Eliminate cockroaches with bait traps or calling a professional exterminator.
5. Seal plumbing openings, cracks, and crevices.

House Dust Mites

Dust mites are microscopic creatures that live in house dust and feed on dead skin flakes.

1. Encase mattresses, pillows, and box springs in allergen-proof coverings.
2. Wash bedding weekly in 130°F hot water.
3. Vacuum regularly and reduce clutter.
4. Use a dehumidifier to reduce humidity in your home.
5. Get rid of carpets or have them steam cleaned regularly.

Animal Dander

Allergy to an animal is actually a sensitivity to the pet's skin flakes and fur.

1. If you have a pet, confine it to a room with polished floors and wipeable furniture.
2. Keep your pet out of bedrooms and off furniture.
3. Use high-efficiency particulate air (HEPA) filters for vacuum cleaners.
4. Wash your pet weekly.
5. If unable to manage your allergies with your pet in the house, keep it outdoors or find it a new home.

Outdoor Allergens: Pollens

Pollens are tiny airborne particles given off by plants. Some pollen circulate only at certain times of the year, while others are present nearly year round.

1. Shower after working outside or after coming home from school. Remove clothes outside and carry them in a bag to the washing machine.
2. Take allergy medications 30 minutes before going outdoors.
3. Have someone else do your yard work, or wear a microfiber facemask if another person is unavailable.
4. Keep windows closed while at home and while driving.
5. Use high-efficiency particulate air (HEPA) filters for vacuum cleaners.
6. Do activities that take place away from allergy triggers.
7. When exercising, breathe through your nose.

*** Patient handouts created by Kapa'a Pediatrics are intended to give parents the most common and pertinent facts about a certain issue. If there is ever any concern that your child was given an incorrect diagnosis or is not following the usual expected course for an illness please call us to speak with a physician. (808) 634-8011***