

# Can a clean home help you breathe easier?

Sunshine, green grass, flowers in bloom...sounds lovely, right?

Unless you're one of the 50 million Americans who spend allergy season with itchy eyes, a runny nose, and a box of tissues in hand.<sup>1</sup>

If allergies are taking the joy out of your spring and summer, it's time for an intervention.



A little home cleaning can make a big difference.

## Common allergy symptoms include:

- Itchy, watery eyes
- Sneezing
- Coughing
- Runny nose
- Sinus pressure
- Trouble breathing (especially if you have asthma)<sup>2</sup>

**Q:** If seasonal allergies have you reaching for tissues, skipping outdoor



Spring cleaning can help reduce symptoms during allergy season.

time, or even missing work...can you do anything about it?

**A:** Yes, absolutely.<sup>3</sup>

## In the Kitchen

Your kitchen might be spotless, but allergens and mold love to hide in damp, steamy spots.

- **Clean** floors, cabinets, backsplashes, and appliances weekly with soap and water
- **Wipe down** the refrigerator regularly using vinegar
- **Use** an exhaust fan while cooking to reduce moisture and mold



▼ ALLERGY

## In the Bedroom & Living Room

You spend a lot of time here, so these spaces should be as allergen-free as possible.

- **Use** dust-proof covers for pillows, mattresses, and box springs
- **Wash** bedding weekly in hot water
- **Vacuum** carpets, sofas, and chairs weekly
- **Wash** rugs and mop hard floors weekly

## In the Bathroom

Bathrooms are prime territory for mold growth. Moisture control is key.

- **Run** the exhaust fan during and after showers
- **Wash** rugs, mats, and towels weekly
- **Wipe** down the tub or shower after use to prevent mold



Breathe easier at home during allergy season with a little spring cleaning.

## Around the House

A few extra habits can help keep allergens at bay throughout your home.

- **Keep** windows closed during allergy season and use AC
- **Remove** clutter and dust-collecting items
- **Keep** pets out of the bedroom
- **Change** air filters in your AC and heating system every season

- **Avoid** cleaning sprays—use vinegar instead.
- Research shows frequent use of spray cleaners can increase your risk for asthma and breathing problems.<sup>4</sup> Vinegar to the rescue!

Ready to get started? Pick one room to allergy-proof this week. You'll be glad when you experience fewer sniffles, clearer breathing, and more energy. No pollen-panic required.

## References

1. American College of Allergy, Asthma & Immunology. (2023). Allergy facts. From: <https://tinyurl.com/y57f2ggk>
2. American Lung Association. (2023). Don't fear spring allergies and asthma. From: <https://tinyurl.com/y6om8mq5>
3. Pongdee, T. (2023). Cleaning tips for allergy and asthma sufferers. From: <https://tinyurl.com/3zy6fhja>
4. Asthma and Allergy Foundation of America. (2021). Asthma-friendly cleaning tips. From: <https://tinyurl.com/3cfsxwfm>