



# Health and Wellness Tip of the Week - Week 2

January 13, 2014

## Monthly Topic

National Radon Action Month is a good time to promote indoor air quality and information about allergies.

## Nip allergies in the bud

Pollen, mold, pets, dust mites or other allergens can trigger allergic reactions in those who are sensitive to them. Try these suggestions to help your symptoms:

- Keep windows and doors closed and air conditioning on during allergy season.
- Install a good air filter at home.
- Avoid mowing the lawn or raking leaves as much as possible.
- Repair any moisture problems in your home.
- Use dust-proof covers on your mattress and pillows.
- Keep your pet out of the bedroom and remove the animal from the house if possible.

*Source: Mayo Foundation for Medical Education and Research*



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