



Health and Wellness Tip of the Week - Week 3

January 20, 2014

Monthly Topic

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



Allergy Tips for Your Nose Woes

How can you avoid allergy attacks and make living with allergies more bearable? One of the best steps you can take is to avoid the substances (allergens) you're allergic to. This holds true for allergic rhinitis — allergies to mold, pollen and pet dander — or allergies to specific foods or drugs. Try these tips for avoiding dust mite or mold allergies:

- Maintain a humidity level of 50 percent or less in your home.
- Use an air conditioner in the summer.
- Cover your mattress, box spring and pillows with plastic or allergen-proof covers.
- Remove carpeting.
- Purchase non-upholstered furniture and washable draperies.

Human Resources Dept.
1201 E. 8th Street
Mission, TX 78572

956-580-8630

Source: Mayo Foundation for Medical Education and Research