

Health & Wellness

Tip of the Week

Week 19
May 9, 2016

May is all about focusing on **Allergies**. It is the perfect time to remind you about the different types of allergens and other triggers and how to keep allergy symptoms to a minimum.

Take Charge Of The Air You Breathe

Allergens are the things that can cause allergies and trigger asthma. Here are some tips to help control allergens:

-  To control dust mites, put covers on your mattresses and pillows. Wash all bedding at least once a week in hot water. Keep stuffed animals off beds.
-  If you have carpets, vacuum often. If you have allergies, wear a mask when vacuuming.
-  Keep household dust from building up by dusting often.
-  Keep away unwanted insects by not leaving food out and keeping things clean. Store food in airtight containers.
-  Mop the kitchen floor and clean kitchen counters at least once a week.
-  Keep moisture down and air moving. Don't let anyone smoke in your home.
-  Lower the amount of pollen in the home by keeping windows closed and using air conditioning.

Source: National Health Information Center; American College of Allergy, Asthma and Immunology.



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