

# Health & Wellness






## Tip of the Week

Week 20  
May 16, 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.

### 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.

*Source: Mayo Foundation for Medical Education and Research*



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