

Hidden Allergy Triggers at Home

1. Avoid smoke particles by not smoking inside or using wood-burning fireplaces

2. Keep pets out of the bedroom to limit dander in your sleeping area

3. Take off your shoes to avoid tracking in allergens from outside

4. Avoid scenting your home with room sprays, scented candles and oils

5. When buying furniture, avoid cloth material and look for easy-to-clean surfaces

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Ways to Curb Hidden Allergens and Irritants at Home

6. Wash bed linens and curtains to reduce allergens in the air

7. Humidity levels matter; too much moisture increases mold and dust mites

8. Use HEPA filters in your vacuum and elsewhere

9. Replace carpet with tile, wood or linoleum which are easier to keep clean

10. Use exhaust fans in kitchen and bathroom to reduce cooking fumes and moisture

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