

# Holiday Party

## HEALTH CHECKLIST

Create a safe home environment for people with allergies using these steps.



Leave interior doors open and run exhaust fans in bathrooms and kitchens



Keep ceiling fans on and reversed so the air blows up and circulates down the walls



Utilize a dehumidifier if you live in a wet environment



Avoid using harsh cleaners before and during the event



Steer clear of strong scents like candles and wall plug-ins



Separate pets from the guest areas

Keep windows closed during peak pollution times, but consider cracking them during parties for extra air and temperature flow



**National Jewish Health**<sup>®</sup>

**Breathing Science is Life.**<sup>®</sup>