Environmental Wellness Checklist

What surrounds you each day in your home, work, or neighborhood can affect your health. Here are some tips to make your environments safer:

REDUCE YOUR ALLERGIES

A change in season can brighten your days with vibrant new colors. But blooming flowers and falling leaves can usher in more than beautiful backdrops. Airborne substances that irritate your nose can blow in with the weather. When sneezing, itchy eyes, or a runny nose suddenly appears, allergies may be to blame. Take steps to reduce your exposure to allergens.

TO REDUCE ALLERGIES:

☐ Avoid outdoor allergens whenever possible. If pollen counts are high, stay inside with the windows closed and use the air conditioning.

☐ Avoid bringing pollen indoors. If you go outside, wash your hair and clothing when you come inside. Pets can also bring in pollen, so clean them too.

☐ Reduce indoor allergens. Keep humidity levels low in the home to keep dust mites and mold under control.

☐ Avoid upholstered furniture and carpets because they harbor allergens.

☐ Wash your bedding in hot water once a week.

☐ Vacuum the floors once a week.

☐ Talk with your doctor about medications and allergy shots.

National Institutes of Health