

The best way to prevent allergy symptoms and the need for medication is to avoid exposure to allergens as much as possible. It is also important to eliminate the source of allergens from your home or other environments.

### Prevention of Environmental Allergies:

- Use zippered plastic covers on pillows and mattresses
- Wash bedding in hot water every seven to ten days
- Keep indoor relative humidity below 50%
- Remove carpets, upholstered furniture, or objects that collect dust from infants' bedrooms
- Dust and vacuum often
- Avoid mold spores by reducing moisture in the bathroom and kitchen
- Use vent and furnace filters to prevent allergens from circulating through the duct system
- Open windows and use exhaust fans to remove airborne particles
- Use specially formulated pet solutions, shampoos, and cleansing wipes to remove surface dander.



### Prevention of Food Allergies

The major strategy for preventing food allergies is to delay exposure to potentially allergenic foods and liquids. Newborn infants may be more likely to become allergic to foods than older infants. Mothers should breastfeed their infants for at least four to six months, if possible. Breast milk is much less likely to produce an allergic reaction and can strengthen the child's immune system.



For more information go to [www.spectrumhs.com](http://www.spectrumhs.com) and click on Health and Medical Resources.