10 Ways to Curb Hidden Allergens at Home

1. **Avoid smoke particles**
   skip the wood–burning fireplace and don’t smoke inside

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

3. **Take off your shoes**
   avoid tracking in allergens

4. **Avoid scenting your home**
   room sprays, scented candles and oils can trigger allergies

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

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

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

8. **Use HEPA filters**
   use them in vacuum and furnace

9. **Use solid flooring like tile, wood and linoleum**
   they are easiest to keep clean

10. **Use exhaust fans in kitchen and bathroom**
    lessen cooking fumes and moisture

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