



PRESCOTT VISION & EYE SURGERY CENTER

AVOIDANCE

Weeds, Trees, Plants: Best course of action for sensitive individuals includes monitoring pollen counts during seasons of pollination, and avoiding warm, dry days during pollination seasons. Also during episodes of heightened pollen counts it is best to keep your air conditioner running and to try and limit open windows and doors for extended periods. If possible, replace air conditioning and vacuum filters with HEPA filters; these are intended to more efficiently absorb particulates. Be sure to research your particular allergen at your own convenience, so that an improved understanding may help you to better avoid it or remove it from your landscape.

Mites: Avoidance techniques include increased cleaning, keeping indoor humidity below 55%, removal of wall-to-wall carpets, and use of mite-proof mattress and pillow covers. If possible, replace air conditioning and vacuum filters with HEPA filters; these are intended to more efficiently absorb particulates. Everything in the bedroom should be washable, including window curtains, pillows, sheets and blankets (which should be synthetic). Replace rugs and carpets routinely.

Mold/Funguses: Because of the diversity of habitats in which different molds exist, or the ubiquity of some molds, a uniform avoidance procedure is hard to set forth. For individuals allergic to a singular mold whose existence is reliant on plants and foodstuffs, the best course of action is to reduce indoor plants, frequently remove spoiled produce, and avoid agro industrial zones, year-round if need be. For nearly all other funguses, the primary objective for diminishing your symptoms is by reducing indoor dampness. Also, be sure to clean frequently, which includes vacuuming and mopping with bleach infused water, maintaining a hygienic furnace, air conditioner, vaporizer, or dehumidifier, and removing old papers, carpeting, and furniture. It is often best to use mold-resistant paints – both in common dwelling areas and to finish crawl spaces, attics, and basements – and to add boric acid or borax to the paste if you are newly papering walls. Furthermore, it may be necessary to promptly dry damp clothes, and towels.

Pets: The avoidance techniques for those allergic to pets are split into those designated for individuals who own pets, and those for individuals who do not.

Pet Owners: It is helpful for sensitive individuals to primarily keep pets off of furniture. Apart from this, it would be best to clean routinely, keep your pet outdoors as much as possible, and wash your hands frequently. If possible, replace air conditioning and vacuum filters with HEPA filters; these are intended to more efficiently absorb particulates.

Non-pet owners: The best course of action is to identify which acquaintances of yours own pets. Monitor when pet owners visit and be sure to clean thoroughly after. Wash your hands immediately after coming in contact with the allergenic pet, and if possible avoid contact altogether.

Feathers: For those allergic, it is best to own synthetic bedding, sheets, and pillows. Also be sensitive to bedding when travelling. It may be necessary to replace down jackets and other outerwear.