Controlling Allergy Triggers

1. Scrub moldy surfaces clean and fix water leaks at home.

2. Stay indoors when pollen levels are highest, between 5 a.m. and 10 a.m.

3. Keep windows closed in your home and car — use the air conditioner.

4. Stay away from strong odors or sprays such as perfumes, cooking fumes (especially from frying), paints or varnishes.

5. Follow prescription or nonprescription medication directions as directed.

6. Reduce indoor humidity with a dehumidifier.

7. Keep dander down: pets should stay off of furniture and out of your bedroom.

8. Avoid second-hand smoke, wood smoke and chemicals in the air.

9. Look for allergy-inducing ingredients on food labels to avoid triggering food allergies.

10. Wash bedding weekly in water that is hotter than 130°F.