

# STOP ALLERGY(ENTHANS.COM)

## COMMON ALLEGENS IN BANGALORE

- Dust and Dust mite are common allergens.They are everywhere at home and on Road.
- MOLD and FUNGI in damp environment like bathrooms
- POLLEN Both Grass ,Parthaneum, and Tree pollen are cause of seasonal allergy
- Cockroach dust, Cat and Dog hair,Smoking, and Fumes are other common cause of allegens

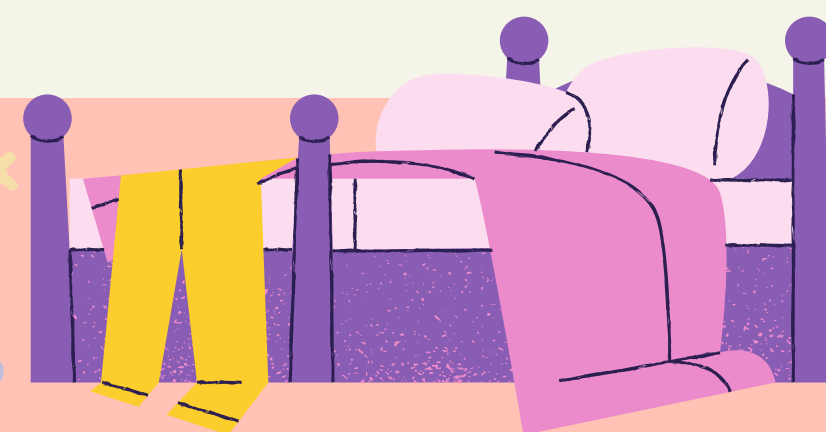


- Avoid scooters
- wear a mask and a Goggle
- Car with windows closed and AC with normal temperature and recycle the air in your car
- Reduce Humidity



## AVOID ALLERGY

- Shut the windows
- Avoid early morning walks as there is increased pollen count
- Bath at night if possible to reduce pollen and dust
- Avoid high humidity in bathroom .have an exhaust or anti humidity devices



## CHANGE YOUR BED ROOM ENVIRONMENT

- Wash bed sheets regularly at 130 f
- damp clothes to dust corners
- plastic curtains easy to clean
- Vacuum the house if possible
- Avoid carpets and soft toys
- Use wooden furniture and plastic furniture instead of upholstery
- Clothes in closets or almera
- dehumidifier is a good idea or even charcoal bags
- HEPA Filter to rooms