



Recommendations for patients with **pollen allergies**



Keep windows closed at night



Reduce outdoor activities on sunny or windy days



Avoid going to parks and gardens



Wear sunglasses to protect your eyes from the air



Shower when you get home to remove any pollen grains



Wash your clothes before wearing them



Don't dry clothes outdoors on days with a high pollen count



Keep car windows closed



Wear a full-face helmet when riding a motorbike



Pollen allergies



Recommendations for patients with dust mite allergies



Avoid furnishing your home with carpets, rugs and curtains



Clean and change air heating filters regularly



Keep your home and bedroom well-ventilated



We recommend anti-dust mite mattresses and pillowcases



Use synthetic bedding and wash at 65°C or higher



Wash soft toys regularly



Avoid storing damp clothes in the wardrobe



Avoid sweeping. Use a vacuum cleaner with a HEPA filter



Clean your vehicle often





Recommendations for patients with **pet allergies**

Removing pets:



Keep pets out of the home



Clean all rooms of the house



Avoid contact with people who have pets as much as possible

Controlling allergens inside the home without removing pets:



Ventilate the house regularly



Clean mattresses, pillows and curtains every week with a HEPA-filter vacuum cleaner



Install air purifiers with HEPA filters



Washing dogs twice a week can help reduce allergens



Washing cats does not significantly reduce allergens



Wash clothes that have been in contact with pets



Apply pet lotions once a week to reduce dander shedding





Recommendations for patients with **mould allergies**

Inside the home:



Fix damp walls,
windows and
bathrooms



Keep room humidity
below 60%



Replace air conditioning
filters for proper
maintenance



Ventilate rooms and
vacuum bedrooms daily



Don't dry clothes
indoors



Avoid or reduce the
number of indoor
plants

Outside the home:



Don't walk in rural or
vegetated areas during
harvesting periods



Avoid areas with
decomposing
plants



Don't enter food
storage areas

