



## **Allergens Avoidance**

To prevent allergies, we start from observing your surroundings environment. Tiny triggers such as dust mites, pet dander and mold can lurk around your house, causing sneezings, congestions, itchiness, watery eyes and asthma.

### **Dust mites**

- Keep bedroom meticulously clean to reduce exposure to dust mites
- Sunning bed sheets for at least 3 hours
- Wash bed linen in hot water (>60 deg,C) for at least 30 minutes and changing bed sheets every week.
- Dust mites proof pillow and mattress covers to reduce the amount of dust mites
- Reduce the number of soft toys in bed
- Avoid having carpets in the bedroom
- HEPA filter air purifier to prevent dust mites from getting back into air
- Clean curtains regularly. For hygiene purpose, window blinds are a better option

### **Molds**

- Regular aircon maintenance including chemical wash
- Dehumidifier- to reduce humidity to less than 45%
- Place dehumidifier/ moisture absorber in wardrobes

### **Others**

- Remove pets from house, if possible
- At the very least, keep pets away from bedroom
- Wash hands after petting
- Bathe your pet once a week to reduce dander
- Keep pets in uncarpeted areas.