

COMMON ALLERGY TRIGGERS & TIPS (...cont)

DUST MITES REVENTION:

- Use a dehumidifier with a HEPA grade air filter (high efficiency particulate air filter) or air conditioner to maintain humidity levels at or below 50%.
- Keep the house cool and well ventilated, use of air conditioners is encouraged in the bedroom over fans as fans stir up more dust.
- Maintain cleanliness in the home to reduce dust.
- Vacuum bedrooms and upholstery regularly, ensure vacuum has a HEPA filter or double layered micro-filter bag, water-based vacuums are also effective.
- If allergies are severe, wear a mask while vacuuming and stay out of the area for 2 hours after vacuuming to allow dust and allergens to settle.
- Wash all bedding and blankets once a week in hot water 55 degrees Celsius. Expose blankets, comforters, carpets and toys to strong sunlight every two weeks.
- Non-washable bedding or furry toys can be put in plastic bag and placed in the freezer for 24 hours to kill dust mites.
- Have air conditioner cleaned regularly.
- Encase your mattress and pillows in dust-proof or allergen or anti-mite control barrier to prevent the mites to come out at night.
- Spray acaracide (a type of special formulation which kills house dust mites) on the mattress, pillows, carpets and upholstered furniture every three to six months.

COMMON ALLERGY TRIGGERS & TIPS

POLLEN

Pollen is a powdery, granular substance in the flowers of trees, grasses and weeds that leads to fertilization of plants. Pollen can be spread by insects or dispersed in the wind. Some people develop allergic symptoms to pollen, such as hay fever (runny nose and itchy watery eyes), nasal congestion, sneezing and/or asthma.

POLLEN REVENTION:

- Keep windows closed at home and in your car, sleep with closed windows.
- Use an air purifier with a HEPA filter.
- Reduce time outdoors, check the pollen levels and weather when planning outdoor activities.
- Wash your hair before going to bed to get rid of any pollen stuck to your hair.
- Keep your bedroom pollen-free by taking off any clothing you have been wearing outside, store dirty clothing outside your bedroom.
- Do not dry your clothing or bedding outdoors, instead use tumble dryer or indoor drying room.
- Avoid additional irritation to your mucous membranes: for example, eye cosmetics, dry-cleaning fumes, smoke or cooking vapors.
- Cross-reactions with certain foods can trigger symptoms.

For more information, contact us at:



+673 3372709 /
+673 3373033



+673 7295428
(WhatsApp text only)



phc@bsp-shell.bn



www.panagahealth.com



panagahealth



ALLERGIES

WHAT YOU NEED TO KNOW

WHAT ARE ALLERGIES?

Allergies are a reaction in the body to contact with a specific substance in the environment. These include things like pets, dust mites, insects, mold, foods, and pollen. Allergies are very common and can affect people of all ages.

CAUSES

Allergies occur when a person's immune system mistakenly reacts with substances in the environment that are normally harmless to most people. Some children can outgrow their allergies.

COMMON SYMPTOMS

- Hives
- Itchiness/rash all over the body
- Itchiness/rash in one part of the body
- Red, watery eyes
- Runny nose & sneezing
- Coughing
- Nausea & vomiting
- Swelling around your throat, tongue, or face



ANAPHYLAXIS

Anaphylaxis is a serious life-threatening reaction that can occur within a few seconds- minutes after exposure to allergic substance. It requires urgent medical attention. Signs of anaphylaxis include:

- **Airway:** difficulty breathing/swallowing.
- **Skin:** hives/itching/rash.
- **Stomach:** cramps/diarrhea/nausea/vomiting.
- **Heart:** drop in blood pressure, increased heart rate, weak pulse, feeling faint.

WHEN TO SEE A DOCTOR

EMERGENCY: Call 991 or go to the Accident & Emergency Department at your nearest hospital if you have signs of severe allergic reaction (Anaphylaxis). Allergies can be very frustrating. If you have ongoing symptoms see your doctor to discuss options. You may be sent for testing with an allergist to confirm allergies.

TREATMENT OPTIONS

Treatments options include:

- Antihistamines.
- Decongestants.
- Nasal steroids.
- Asthma medicines (inhaled/oral).
- Immunotherapy.
- EPIPEN – epinephrine injector used in emergencies for severe allergies.

TIPS FOR PREVENTION

- Know your allergies and avoid if possible.
- Regularly vacuum rugs, carpets, and other surfaces.
- Keep indoor air clean: use high efficiency particulate (HEPA) air filters.
- Control cockroaches.
- Avoid mold.
- For environmental allergens avoid time outside.

COMMON ALLERGY TRIGGERS & TIPS

DUST MITES

Dust mites are microscopic creatures commonly found in household dust that can trigger allergies and asthma, particularly in warm humid environments. Dust mites do not bite, but feed on flakes of dead skin, or dander, that are shed by people and pets and are often found in bedding, mattresses, pillows, and upholstered furniture. Symptoms of dust mite allergies can include sneezing, runny nose, itchy skin and even asthma.

DUST MITES REVENTION:

- Remove dust trapping objects from the bedroom (furry toys, upholstered furniture, old books, magazines, knickknacks etc).
- In bedrooms, replace carpet with hard flooring (wood, tiles etc), remove fabric curtains and replace with non-fabric window coverings where possible.
- Replace wool or feathered bedding products with synthetic materials and traditional stuffed animals with washable ones.