

The Allergy & Asthma Clinic

www.TheAllergyClinic.com

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Newsletter

www.theallergyclinic.com January 2023



Predicted Wet Winter Season Has Come to Fruition

The much-anticipated rainy conditions have arrived with an exclamation point! Although we welcome this much needed rain, it has definitely caused havoc with flooding, debris and dangerous road conditions.

Unfortunately, for those with allergies and asthma, rainy, wet conditions, can also contribute to symptom flare-ups. The more rain we get, the more likely mold and mildew will be a problem. In addition, because temperatures have been much cooler, many have been using the heating system, a source for dust mite and mold. Here are a few steps to help reduce exposure to mold in the home.

- Keep humidity levels in your home as low as you possible, preferably no higher than 50% all day long. An air conditioner or dehumidifier will help you keep the level low. You can buy a humidity gauge to check your home's humidity at a home improvement store. Humidity levels change over the course of a day so you will need to check the humidity levels more than once a day.
- Make sure that there are special allergy filters in place in the heating system.

- Be sure that there is good air circulation in your home at all times. Use exhaust fans in the kitchen and bathrooms and make sure that there is no blockage to dryer vents leading to outside of the home.
- Address and repair any leaks in your home so mold does not have moisture to grow.
- Clean up and dry out your home fully and quickly (preferably within 24–48 hours) in the event of water intrusion. Use fans to help facilitate drying the area.
- If you see evidence of mold or mildew, use a bleach solution. Make sure the area is well ventilated and wear a mask, as bleach is an irritant.
- Remove or replace carpets and upholstery that have been soaked and cannot be dried right away. Consider avoiding carpets in places like bathrooms or basements, as these areas tend to have more moisture.
- For those who love to garden, make sure that empty containers/pots in your yard are stored upside down, so that water does not collect in them. Not only will this help to prevent mold, but also prevent a mosquito/insect problem.
- This is the time of the year when we are putting away holiday decors, so make sure that you check for any moisture when putting away these items in attics and basements.

Lastly, this abundance in rain will almost likely pave the way for a significant pollen season. Make sure that you are on track with your allergy and asthma treatment by keeping up with environmental control measures in the home, taking medications as prescribed and keeping up with your allergy immunotherapy.

Insurance: If you have had a change in your insurance provider or insurance coverage, please call our office and one of our billing staff will help you with any questions you may have. There are certain insurance providers which have timely filing limits and to minimize any issues with insurance claims, please make sure to provide us with the most updated insurance information.