

The Allergy & Asthma Clinic

www.TheAllergyClinic.com

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- Wipe up moisture in the refrigerator to avoid mold growth.
- Empty and clean drip pans and clean or replace moldy rubber seals around doors.

Living Areas

- Encase pillows, mattresses and box springs in dustmite-proof covers. Wash sheets, pillowcases and blankets weekly in 130° F water. Remove, wash or cover comforters.
- Clean carpeting weekly with a vacuum cleaner that has a HEPA filter. Wash area rugs and floor mats, and mop hard surface flooring weekly. Use curtains made of cotton or synthetic fabric. Wash seasonally.
- Keep bedroom windows closed during the pollen season. Clean mold and condensation from window frames and sills with a dilute solution of bleach (3/4 cup chlorine bleach to 1 gallon of water). Remember to always wear a protective mask when cleaning mold.
- Remove anything that collects dust, such as knickknacks and books. Store toys, games and stuffed animals in plastic bins. Keep pets out of the bedroom. Bathing animals at least twice a month can reduce allergens.
- Hot, humid residences are breeding grounds for dustmites and mold. Try to maintain a relative humidity of 40 to 50%.

SPRING IS HERE!!!

Although we are still getting a fair amount of rain, in no time, the vibrance of spring will be upon us. The days are getting longer and flowers are blooming. Spring Cleaning came about as a way to clean away winter's mess. In the past, homes were heated by fires, and doors were kept shut tight to keep the warm air in. This, of course, led to soot and grime accumulating during the cold months. While these practices are less common, dust and other substances still accumulate in our homes. Decluttering, organizing, and doing a deep spring cleaning will not only rejuvenate your home, but also improve your stress and reduce the chance of your allergies and asthma from flaring.

Cleaning Tips for Allergy and Asthma Sufferers:

Kitchen

- Use an exhaust fan on a regular basis to remove cooking fumes and reduce moisture. Place garbage in a can with an insect-proof lid and empty trash daily. Store food - including pet food - in sealed containers, and discard moldy or out-of-date items.
- Wipe down the cabinets, backsplashes and appliances.
- Clean cabinets and countertops with detergent and water, and check for plumbing leaks.

Bathroom

- An exhaust fan can reduce moisture while taking baths or showers. Remove carpeting if possible and use wood or linoleum flooring. Use washable rugs. Remove wallpaper and install tile, or paint walls with mold-resistant enamel paint.
- Clean or replace moldy shower curtains and bathmats.

Remember, spring is upon us. Make sure that you keep up with your allergy treatment regimen, including medications and immunotherapy. As always, we strive to keep you feeling well!