



HOW TO MANAGE THE 3 MOST COMMON CAUSES OF INDOOR ALLERGIES

Effectively managing your indoor allergies is possible. Learn about the most common indoor allergens and how to keep them at bay.

Pet dander, dust mites and mold spores: these common indoor allergens can cause runny or itchy nose, sneezing or nasal congestion and can make you feel miserable. Managing your allergies is an ongoing process that involves regular cleaning and possibly adjusting your routine. By making small, consistent changes, you can keep indoor allergies from getting in the way of your day.

UNDERSTANDING PET ALLERGIES

Many people believe that pet-related allergies are triggered by the animal's hair, when in fact the animal's urine, saliva and dander (or dandruff) cause the reaction. Though dogs and cats are the usual culprits, pet allergies can be caused by any fur-bearing, dander-producing pal, like a gerbil, hamster, ferret or rabbit.



Tips for Managing Pet Allergies

- While truly hypoallergenic dog and cat breeds don't exist, consider a dog or cat breed that may cause fewer allergy symptoms.
- Dust and vacuum weekly to reduce pet dander.
- Consider furless pets like fish, reptiles or birds.
- Designate pet-free areas in your home (like the bedroom).
- Bathe and brush your pet regularly to remove the dry, dead skin that becomes dander.
- Establish a house rule to wash hands thoroughly after handling a pet.

UNDERSTANDING DUST ALLERGIES

Dust mites are tiny naturally occurring pests that can be a big trigger for indoor allergies. Though not technically parasites, they feed on dead human skin found in household dust. At any given moment, hundreds of thousands of dust mites can be found in bedding, mattresses, upholstered furniture, carpets and drapes. Luckily, there are ways to manage their impact.



Tips for Managing Dust Allergies

- Wash bedding weekly in hot water.
- Wash plush toys regularly.
- Consider using allergen-proof mattress and pillow covers.
- Dust and vacuum regularly to reduce dust mites.

UNDERSTANDING MOLD ALLERGIES

Most of us have crossed paths with mold at some point. Mold is a fungus commonly found outdoors and indoors. Not all molds cause allergies, and having a reaction to one mold doesn't mean you'll react to all types. Mold allergens are caused by spores that float through open doors and windows and find moist, humid or poorly ventilated areas in which to feed and grow — settling in and releasing even more spores into the environment.



Tips for Managing Mold Allergies

- Use a squeegee to wipe away water after showering or bathing.
- Fix all leaks and other causes of damp areas.
- Run a dehumidifier to keep humidity below 50%.

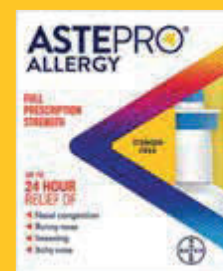
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STILL SUFFERING FROM INDOOR ALLERGIES?



Unfortunately, there's practically no way to avoid all allergens. That's why a fast-acting nasal allergy spray like **Astepro® Allergy** should be a part of your allergy routine. This first-of-its-kind, steroid-free medication starts working in 30 minutes. Plus, it's now available over the counter! Find it at your local CVS store or at [CVS.com](https://www.cvs.com).