Table 3

Advice on avoidance measures

Pollen

Reduce indoor pollen
- Keep windows closed
- Shower and wash your hair once you arrive home
- Change clothing on arriving home
- Avoid air drying laundry outside when pollen count is high

Reduce exposure when outside
- Apply a barrier balm in the nose and under the eyes to trap any pollen
- Wear wraparound sunglasses

Note: Check the pollen count at metoffice.gov.uk

House dust mite

Reducing dampness
- Open windows and ventilation in kitchen and bathroom
- Avoid drying clothes indoors
- Run central heating a few degrees lower
- If possible, use a dehumidifier to keep humidity at 30-50%

Reducing dust
- Damp-wipe surfaces weekly
- Vacuum carpets and upholstery twice a week
- If possible remove carpeting from the bedroom

Soft toys
- Wash soft toys at 60°C. If not possible then place in freezer for at least 12 hours and then wash at recommended temperature

Bedding
- Air bedding before remaking beds
- Wash bedding weekly at 60°C
- Replace pillows with new ones every 6 months
- Avoid sleeping in the bottom bunk bed
- Use house dust mite impermeable covers for mattresses and bedding

Pet dander

Indoor exposure
- Pets must be kept outside the bedroom
- Do not allow pets to sit on beds, sofas and cushions
- Remove carpeting from the bedroom
- Wash pet bedding regularly on a hot wash
- Wash the child's bedding and any soft toys regularly on a hot wash
- Wash hands after touching a pet
- Wash and groom pet regularly

Outdoor exposure
- Avoid contact with causative animals
- If exposure is likely, take a non-sedating antihistamine beforehand