

Table 1**Useful measures to reduce exposure to allergens**

Allergen	Avoidance behaviour
Pollen	● Avoid areas with lots of pollen e.g. parks, woods ● Avoid being outside when grass is being mowed ● Avoid going out in the middle of the day when the pollen count is high ● Keep car windows closed and use air conditioning ● Close bedroom windows in the early evening ● Bring washed clothes in before they get coated by pollen in the evening ● Wear wraparound sunglasses ● If possible, plan holidays by the sea or overseas during peak pollen season ● Shower and wash hair after coming home at the end of the day
Moulds	Avoidance can be difficult ● Improve ventilation ● Reduce humidity ● Apply bleach to affected areas if indoors ● Avoid compost heaps