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Pollens

- Keep windows and doors closed
- Use air conditioner and heater
- Clean / Change air filters monthly
- Nightly baths or showers
- Allergy-proof covers for mattress, box springs, and pillows
- Wash bedding and stuffed animals in hot water weekly
- No carpet in bedroom
- Avoid dust collectors in the bedroom
- Avoid humidity-No vaporizers or Humidifiers (30 – 50%)
 - Use saline spray instead
- Humidity Gauge
- De-Humidifier