Allergies, Asthma and Respiratory Disorders

If you or a family member suffer from respiratory issues, you know how much it impacts ones’ life. These individuals must be cautious about triggers and be aware of their environment, to avoid further problems. Someone that doesn’t have these issues may be less aware and may contribute to others’ symptoms unknowingly. Here are a few suggestions to help you and your loved ones breathe easier:

1. Avoid using strong fragrances, lotions, air fresheners and other scented products, especially when you are around those with a sensitivity or in a crowd as you never know who might be affected.

2. Stop smoking! First of all, it is important for your own health, but also for the health of others. Secondhand smoke exposure is a common respiratory trigger, as well as harmful in many other ways.

3. Try to keep your home allergen-free. Dust surfaces and floors often, eliminate dust collecting items when possible, and launder bedding and items that accumulate dust, frequently.

4. Clean or replace the filters in your furnace, air conditioner and vacuum, regularly.

5. Use allergen-proof covers on your beds and pillows.

6. Prevent or eliminate mold and mildew from your home.

7. Avoid the outdoors when the weather is hot and humid or frigid cold. Stay indoors and use air conditioning when hot and humid. If you must be out when it’s cold, use a scarf over your face.

8. Bathe and brush pets frequently to reduce allergens and keep pets off furniture and beds.

9. Consider the allergy index and the air quality, before planning to be outdoors.

10. If you have a respiratory infection, stay away from others to prevent sharing your germs. Infections worsen symptoms for those who suffer from these conditions.