## Tips to minimize your child's exposure to allergens at home



When your child has respiratory allergies — which can cause symptoms like sneezing, runny nose, watery eyes, and itchy nose, throat, eyes, or roof of the mouth — you'll look for every opportunity to try and make them more comfortable

Making your home healthier by keeping it free from allergens can make a huge difference. Below is a guide on where to find the allergens that may trigger your child's symptoms, and how to reduce their exposure to them.

# Where do allergens hide?

or playroom, allergens can hide in the most unlikely places<sup>1</sup>:

When it comes to a child's bedroom



### **SOFT TOYS**

dust mites, pollen and pet dander can accumulate on fluffy toys



### dust mites and pollen can find

their way deep into the carpet pile. Mold can also develop along the edges of walls



dust mites love to hide in these spaces



#### dust mites will also hide here – for

example in beds, curtains and cushions



### when carelessly

tossed aside after play, clothes can become a home for mold

# How to reduce your child's exposure to allergens



minimize the risk of your child's allergy symptoms being triggered:

There are some simple changes

you can make in your home to help



#### Cover your child's mattress with a dust-mite cover (usually made using a

IN A CHILD'S BEDROOM



Swap wool or feathered bedding for antiallergy synthetic materials

membrane or micro weave fabric). They do

not allow dust mite to pass through them<sup>2</sup>



4

them sleep with them! Keep the air clean. A Philips air purifier will

help to reduce allergens and control air

Make sure all clothes are fully dry before

putting them in drawers and closets<sup>1</sup>

quality levels in your child's room

If you have pets, try to keep them out of

your child's room – definitely don't let



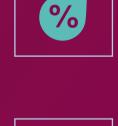
Where possible opt for hard wood or

linoleum flooring. If you have carpet,

ensure it is kept clean with regular

vacuuming and shampooing





### Keep indoor humidity levels at 40% - 60% to prevent mold developing. The Philips range of humidifiers and

IN A PLAYROOM

Clutter collects dust, so keep your child's toys neatly stored away in plastic boxes when not being used<sup>3</sup>

dehumidifiers will help to maintain

comfortable moisture levels





Then dry the toy in a dryer on high heat for at least 45 minutes<sup>4</sup> Place non-washable toys in the freezer overnight to kill all dust mites<sup>5</sup>

Wash your child's stuffed toys in hot

water every other week – you can place

them in a pillowcase during the wash cycle.



At Philips we understand that parents of children with allergies believe they have tried everything. Our range of air solutions have been carefully designed to help parents manage the triggers

that may aggravate their child's allergy symptoms at home. We want parents to feel reassured that they can make their homes a safe haven for their family, and then get back to focusing on what matters most.

5. http://www.toysadvice.co.uk/guide-toy-hygiene.html

https://msdh.ms.gov/msdhsite/\_static/resources/2111.pdf 2. https://www.allergystore.com/dust-mite-fabric-pore-size

<sup>3.</sup> http://www.sheknows.com/parenting/articles/970049/cut-down-on-allergens-in-your-childs-bedroom  $4. \quad https://theallergygroup.com/Blog/ArticleID/44/Stuffed-Toys-\%E2\%80\%93-A-Trigger-Of-Allergies-and-Asthmatical Conference of the property of the property$