

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?

When it comes to a child's bedroom or playroom, **allergens can hide in the most unlikely places!**



SOFT TOYS

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



CARPETS

dust mites and pollen can find their way deep into the carpet pile. Mold can also develop along the edges of walls



INSIDE DARK PLACES

dust mites love to hide in these spaces



SOFT FURNISHINGS

dust mites will also hide here – for example in beds, curtains and cushions



DAMP CLOTHES

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

How to reduce your child's exposure to allergens



There are some **simple changes** you can make in your home to **help minimize the risk** of your child's allergy symptoms being triggered:

IN A CHILD'S BEDROOM

- 1

Cover your child's mattress with a dust-mite cover (usually made using a membrane or micro weave fabric). They do not allow dust mite to pass through them²
- 2

Swap wool or feathered bedding for **anti-allergy synthetic materials**
- 3

If you have pets, try to keep them out of your child's room – definitely **don't let them sleep with them!**
- 4

Keep the air clean. A Philips air purifier will help to reduce allergens and control air quality levels in your child's room
- 5

Make sure all clothes are fully dry before putting them in drawers and closets¹

IN A PLAYROOM

- 1

Where possible **opt for hard wood or linoleum flooring.** If you have carpet, ensure it is kept clean with **regular vacuuming and shampooing**
- 2

Keep indoor humidity levels at 40% – 60% to prevent mold developing. The Philips range of humidifiers and dehumidifiers will help to maintain comfortable moisture levels
- 3

Clutter collects dust, so **keep your child's toys neatly stored away** in plastic boxes when not being used³
- 4

Wash your child's stuffed toys in hot water every other week – you can place them in a pillowcase during the wash cycle. Then dry the toy in a **dryer on high heat for at least 45 minutes**⁴
- 5

Place non-washable toys in the freezer overnight to kill all dust mites⁵

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.

1. https://msdh.ms.gov/msdhsite/_static/resources/2111.pdf
 2. <https://www.allergystore.com/dust-mite-fabric-pore-size>
 3. <http://www.sheknows.com/parenting/articles/970049/cut-down-on-allergens-in-your-childrens-bedroom>
 4. <https://theallergygroup.com/Blog/ArticleID/44/Stuffed-Toys-%E2%80%93-A-Trigger-Of-Allergies-and-Asthma>
 5. <http://www.toysadvice.co.uk/guide-toy-hygiene.html>