

## **Allergy Avoidance: Pollen & Alternaria**

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The environmental precautions listed below are given as guidelines. Your doctor may recommend all or only some of these environmental controls depending upon your specific condition.

### Recommended Methods to Avoid Pollen & Alternaria

Pollens are generally more difficult to avoid since we must continue to live and work in the world during the pollinating season. When thinking about avoidance of pollen, it is best to focus on the patient's home since 35 to 70% of one's time is spent at home. Alternaria is an outdoor mold that behaves more like pollen than a mold and is included in this section.

1. Windows: We recommend keeping windows of the entire home closed, and running either central or room unit air-conditioning. It is wise to avoid airing out the house, as is commonly done each spring, because this gives pollens the opportunity to enter the home. Pollen may remain a problem inside for months even after opening a single window for a few hours.

2. Outside Exposures: Avoid excessive outdoor exposure during peak pollen seasons, if possible. It would be wise for a grass allergic patient not to mow the lawn. Peak seasons are as follows in central Alabama:

Trees: Mid February till May

Grass: March till Early July

Weeds: Late August till The First Hard Freeze

Alternaria: Year Round

3. Wash Hair: Pollen allergic patients should consider washing their hair at night to remove the pollens that may have accumulated in hair while outside. Washing in the evening will also prevent an accumulation of pollen in the pillow.