



Allergy care for the family

Pollen Avoidance Checklist

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- Keep lawn, vacant lots and easement areas mowed to prevent grasses from blooming and pollinating.
 - When mowing grass, wear an aseptic mask to filter out airborne pollen particles and mold spores.
 - Following outdoor activity, take a quick shower to rinse pollen off of the skin and out of the hair.
 - Keep car windows closed, car A/C on recirculate
 - Keep windows at home closed, replace A/C filters
 - Stay indoors during peak pollen periods
 - Make "non-allergic" landscaping decisions
 - Acquire a HEPA-type air filtration system

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