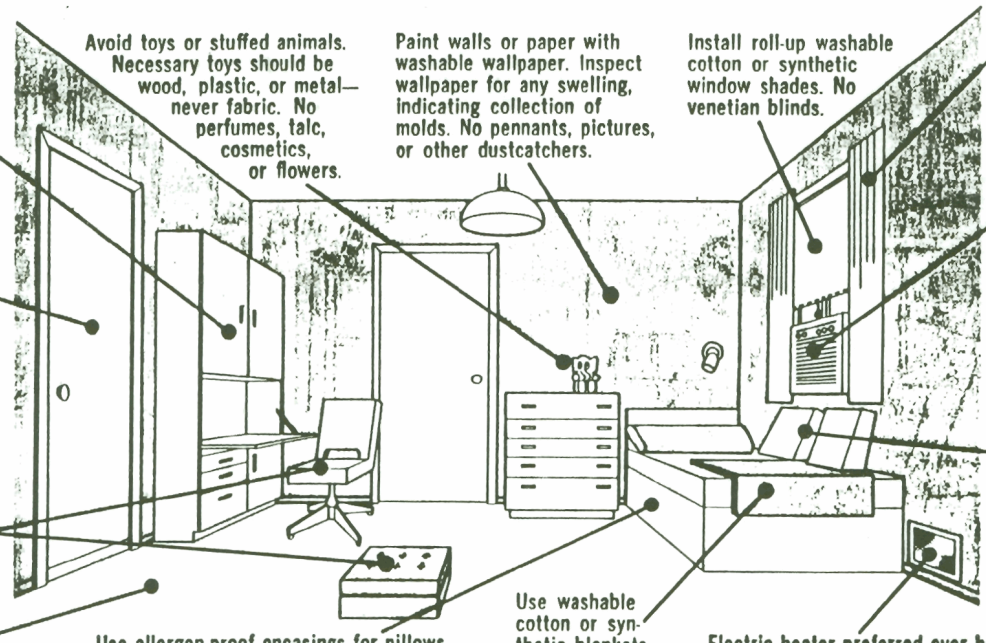
Guide to "desensitizing" a room



Avoid ornate furniture. Plain simple designs catch less dust. No open bookshelves or books—they are great dust catchers.

Keep all clothes in closets, never lying about room. Enclose wool clothes in plastic zipper bags. No mothballs, insect sprays, tar paper, or camphor. Keep closet and all doors closed.

Use rubberized canvas or plastic upholstered furniture. No fabric upholstery.

Wood or linoleum flooring. No rugs of any kind. No animals, birds, or reptiles in the house.

Avoid toys or stuffed animals. Necessary toys should be wood, plastic, or metal—never fabric. No perfumes, talc, cosmetics, or flowers.

Paint walls or paper with washable wallpaper. Inspect wallpaper for any swelling, indicating collection of molds. No pennants, pictures, or other dustcatchers.

Install roll-up washable cotton or synthetic window shades. No venetian blinds.

Use washable cotton or fiber glass curtains. No draperies.

Install window unit or central air conditioning. Keep windows closed, especially in summer. No electric fans. No smoking.

Use dacron or other synthetics for pillows, not kapok, feather, or foam rubber which grows mold, especially in damp areas.

Use allergen-proof encasings for pillows, mattress, and box springs. Zippered plastic covers do not seal out dust. In use, zipper leaks act as jets, spraying dust. Tape over zippers helps stop leaks. Vacuum all casings frequently. Store nothing under bed.

Use washable cotton or synthetic blankets, not fuzzy surfaced ones. Use easily laundered cotton bedspread, not chenille.

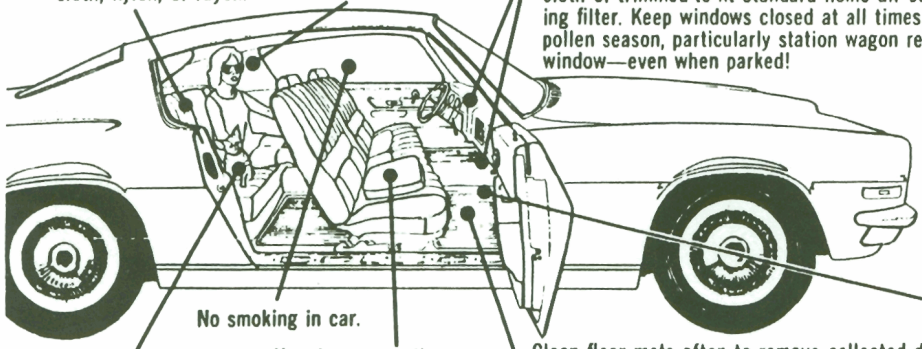
Electric heater preferred over hot air duct. In homes with forced air heat, use filter or damp cheesecloth over inlet to reduce dust circulation. Change every two weeks. Cost of centrally installed electrostatic air filter may be justified. Consult your physician about air purifiers. Keep bed away from air vent.

Cleaning Tips:

Wet-dust room twice daily. Damp-mop floor with solution containing disinfectant to prevent growth of mold spores. Oil-mop baseboards.

Vacuum only if followed by airing of room. Use tank-type cleaner, vacuumed itself before using. Attach a second hose to outlet, placing end outside window or in hall to prevent redistributing allergens.

Guide to "desensitizing" a car



Vinyl seat covers help keep dust and mold from inside upholstery. For allergy to plastic, choose tightly woven cloth, nylon, or rayon.

Dark glasses may help relieve light-sensitive eyes, a common problem with hay fever sufferers. Tinted car glass may also be helpful.

If possible, travel only in air conditioned cars. When outside air is allergen polluted, recirculate interior air, taking in no new air from outside. Keep drafts from allergic passenger's sensitive mucous membranes. In non-air conditioned cars, seal passenger compartment air vents found beneath dashboard with cheesecloth or trimmed-to-fit standard home air conditioning filter. Keep windows closed at all times during pollen season, particularly station wagon rear window—even when parked!

Chemical pollutants in car fumes often aggravate allergic patient's condition and increase symptoms. To help control fumes: have engine steam cleaned yearly; check radiator, brake fluid, and gas caps for correct sealing; change positive crankcase ventilation valve (PCV) frequently; adjust carburetor and automatic choke properly; inspect entire exhaust system often for leaks; never carry extra gas in trunk; and avoid overfilling gas tank. Have allergic passenger enter car before starting engine to avoid exposure to exhaust fumes, usually excessive at that time.

No smoking in car.

Fur-bearing animals, in a confined area, can be a major source of allergens. Leave them home.

Use dacron or other synthetics for pillows, not kapok, feather, or foam rubber which grows mold, especially in damp areas.

Clean floor mats often to remove collected dust, pollen, and molds. Keep vacuum OUTSIDE car to avoid redistributing dust. Seal car leaks, especially in convertibles, to prevent water accumulation on floor. Frequently expose mats and underside padding to air and sun to help prevent mold formation. Decontaminate mold area with a spray such as Lysol, CN, or Roccal.

Before winter, vacuum car's heater outlets, especially in non-air conditioned cars. To blow dust from system, operate heater for 20 minutes with windows open and no allergic passenger. Re-vacuum, dust, and wash interior surfaces.

Helpful Suggestions:



Pollen sensitive passengers should avoid riding in cars, especially in the country, during periods when pollen concentration is highest in their area. Blowing wind increases pollen count at any time.



Avoid roadside areas and farms being sprayed with insecticides or weed abatement chemicals. If unavoidable, keep car windows closed.



When practical, avoid rush-hour traffic, heavily travelled highways, and frequent stoplight intersections—all areas of excessive motor vehicle exhaust accumulation which often aggravates allergic conditions.



Try to plan routes so as to bypass immediate vicinity of refineries and large industrial plants.



Avoid freshly tarred highways.



When refueling have passengers allergic to gasoline fumes remain inside car with windows closed.

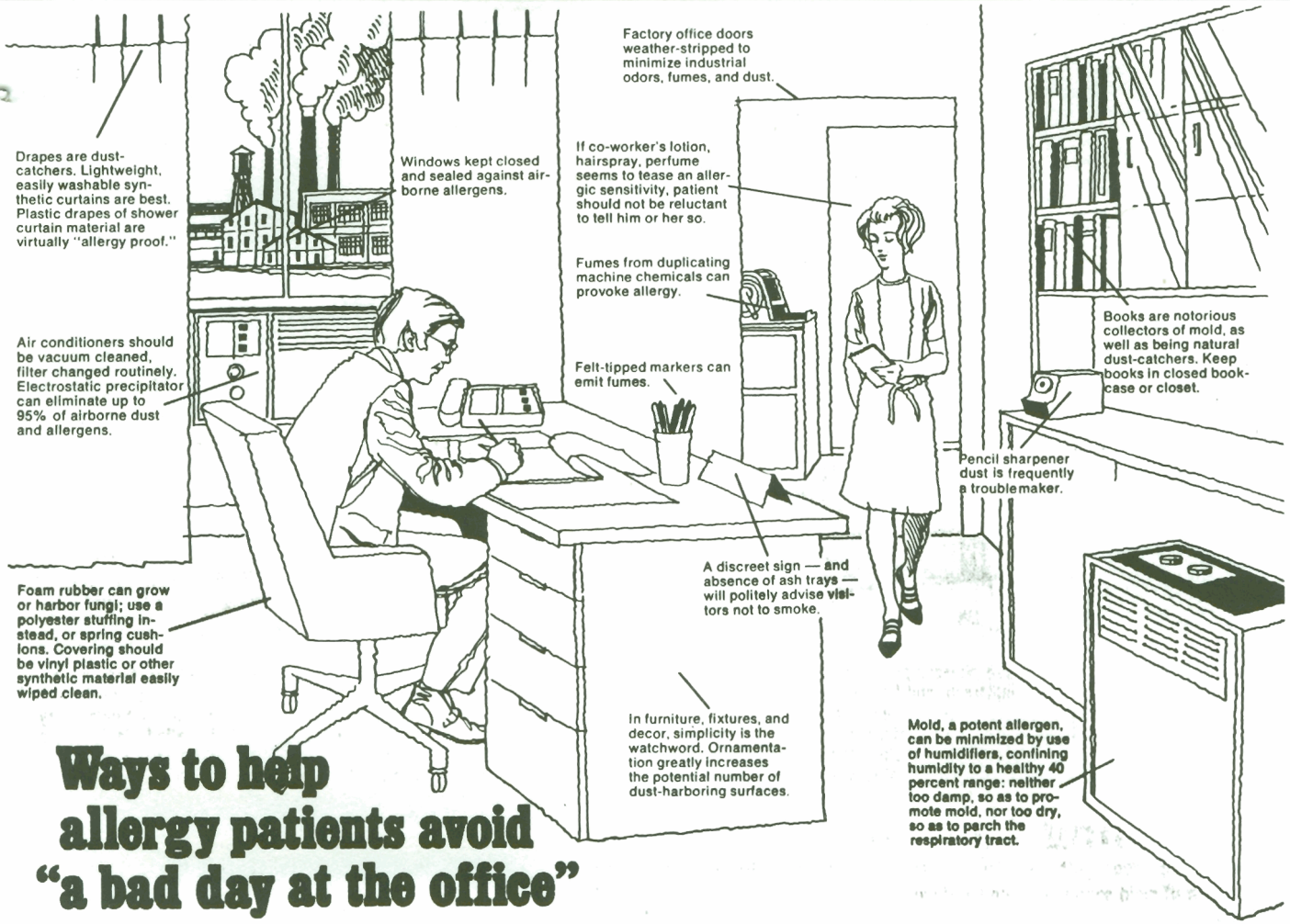


Keep at least four car lengths behind vehicles, particularly when they leave blue exhaust smoke.



Don't follow diesel buses or trucks closely. Chemical pollutants may aggravate an allergic passenger's condition and increase his symptoms.

92303



Ways to help allergy patients avoid "a bad day at the office"