



Spring Allergy Defense: How to Prep Your Home to Breathe Easier

- ☐ - Vacuum carpets with HEPA filter
- ☐ - Wash bedding and curtains in hot water
- ☐ - Dust with microfiber cloths
- ☐ - Replace HVAC filters with HEPA-grade versions
- ☐ - Use an air purifier in key rooms
- ☐ - Declutter high-traffic and bedroom areas
- ☐ - Keep windows shut on high-pollen days
- ☐ - Use doormats and remove shoes at the door
- ☐ - Dehumidify and clean mold-prone areas
- ☐ - Bathe pets weekly or use pet wipes
- ☐ - Change clothes after being outside
- ☐ - Use allergy-blocking mattress and pillow covers