

# 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 them<sup>2</sup>
- 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 closets<sup>1</sup>

### 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 used<sup>3</sup>
- 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**<sup>4</sup>
- 5

**Place non-washable toys in the freezer overnight** to kill all dust mites<sup>5</sup>

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](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>