

Easy DIY Allergy Prevention

Written by Lilly Berg

Monday, 18 November 2019 00:00 - Last Updated Tuesday, 19 November 2019 08:28



As the weather transitions from warm to cool, our bodies will often react by showing symptoms of seasonal allergies. Maybe you've been reaching for your eye drops a bit more than usual, or perhaps the tissue box. Sound relatable? You probably have allergies. But, did you know that the air pollution in your home is usually worse than the contamination levels of outside air? *Arizona Foothills* reached out to local Erik Bryan, owner of Precision Air & Plumbing, who provided with some helpful tips on how to best avoid indoor allergens this holiday season.

Easy DIY Allergy Prevention

Written by Lilly Berg

Monday, 18 November 2019 00:00 - Last Updated Tuesday, 19 November 2019 08:28



- **Keep your windows closed**

It is best to utilize your A/C during the winter rather than keeping cool from an outdoor breeze. Keeping your windows closed will better ensure that you are keeping out unwanted pollen gusts or mold buildup.

- **Promote frequent air filtration**

If you haven't yet changed your air vents for the holiday season, now is the time. Old vents block clean air flow and may release harmful dust particles that evoke allergies. Bryan also warns: "If you have a ventilation fan, be sure to run it in your bathroom for 20 minutes during and after your bath or shower." This trick will keep condensation mold from growing in the vents.

- **Humidifiers**

Itchy eyes and congestion are common causes of seasonal allergies. Plug in a few humidifiers around the home to add moisture into the air and rid any sign of foul smells. Clean the humidifier weekly and add more water as needed.

- **Check up on the foundation of windows and stairwells**

Unknown leaks or damage might be the cause of your indoor allergies. As pollen or dust from outside travels into your home, it will track along your furniture and carpet. Prevent this by scheduling an appointment with your local ventilation expert.

- **Avoid air ionizers**

While pricey air ionizers are said to promote well-being in the home, critics are discovering that some give off harmful levels of ozone. This problem might stimulate chest pain, coughing, or shortness of breath and should be taken care of immediately.