Steps to reduce allergy exposure to outdoor pollens

1. Limit time outside when your allergen level is high. You can download an app based on your location to send notifications.
2. Keep lawn areas trimmed short; this can decrease pollen blooms and spread.
3. Keep windows closed.
4. Bathe and shampoo your hair before bed daily to remove pollen.
5. Wash bedding in hot, soapy water weekly.
6. Wear sunglasses and a hat to keep pollen out of your eyes and off your head.
7. Change clothes after outdoor activity. Consider wearing long pants if you are in grass areas.
8. Dry clothes in a clothes dryer, not outside when possible
9. Wipe pets with a towel before letting them in the home. Also consider keeping them off your bed and out of the bedroom area.
10. Remove shoes before entering your home; sweep floors at least once a week.