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Allergic Patient Instructions

NAME: _____ DOB: _____ DATE: _____

You are allergic to	In order to avoid exposure to these allergens you can
Dust Mites	<ul style="list-style-type: none"> Use dust mite proof covers for your pillows and mattress (& box spring). Wash bed sheets and pillow covers in hot water (130°F) every week. Dry linen for additional 20 minutes on HOT if washing water is not hot enough. Minimize clutter and dust collecting surfaces. Remove stuffed toys from bedroom (OR Freeze them overnight every 2-3 weeks). Keep humidity below 50%. If you do not have carpeted floors, do not carpet the floors.
Cats / Dogs	<ul style="list-style-type: none"> Remove the pet from the home environment. This is the preferred choice. If that is not possible, then the following MAY help: <ul style="list-style-type: none"> exclude pets from bedrooms do not let pets on upholstered furniture wash your pet at least once a week use high efficiency air filters (HEPA filters) Remember: it takes a few months to get rid of dog and cat allergens after they are excluded completely from the environment.
Molds	<ul style="list-style-type: none"> Keep home and car windows closed. Use air conditioning all the time. Keep humidity below 50%. Do NOT use a humidifier. Avoid indoor plants. Repair any possible sources of leaks in bathrooms and basements. Use commercial fungicides to clean existing moldy areas. Avoid raking old and damp leaves. Use proper mask if you have to do it!
Pollens (Trees, Grasses, Weeds)	<ul style="list-style-type: none"> Keep home and car windows closed. Use air conditioning all the time. Avoid outdoor exercise and extended activities when pollen counts are high.

You need to take the following medicine(s):

Medicine	Number	Times Daily	Notes
	pill(s) spray(s) puff(s)		
	pill(s) spray(s) puff(s)		
	pill(s) spray(s) puff(s)		
	pill(s) spray(s) puff(s)		

Other Instructions and Notes: