



WINTER ALLERGIES

Sniffles and sneezes are common during the winter months, yet they're not always due to colds and flu. Although people with pollen allergies may find a bit of reprieve when the weather cools, those with other allergy triggers, such as mold and dust mites, can be just as miserable in winter as they are in the spring and summer.

How to control winter allergies.

Dust mites are microscopic bugs flourish in mattresses and bedding. When their droppings and remains become airborne, they can cause allergy symptoms in people who are sensitive to them. Cover the mattress, pillow, and box spring with dust mite covers. Clean and dust room frequently. Getting an air purifier.

Mold thrives in damp, humid areas such as bathrooms. When spores get into the air, they can trigger allergy symptoms. Controlling the humidity by purchasing a dehumidifier.

Animals may be our best friend, but pets can become worst enemies to anyone who is allergic to them. Try to keep the animal out of the bedroom, using an air purifier. Bathing animals frequently.