

Spring Allergy Survival



How to Reduce Indoor Allergens & Improve Air Quality

As flowers bloom and trees burst back to life, springtime brings warmer temperatures, longer days—and, unfortunately, seasonal allergies for many. Pollen, dust, and mold can make life miserable, even indoors. If you're one of the millions who experience sneezing, congestion, and itchy eyes this time of year, taking steps to reduce allergens in your home can help you breathe easier.

1. Upgrade Your Air Filters

Your HVAC system is your home's first line of defense against airborne allergens. Replace filters every 1-3 months and choose high-efficiency particulate air (HEPA) filters, which capture smaller allergen particles like pollen, pet dander, and dust mites.

- *Pro Tip:* Look for filters with a MERV rating of 10 or higher to trap the most allergens.

2. Keep Windows Closed on High-Pollen Days

Fresh air is great, but during peak pollen season, open windows can invite allergens inside. Use energy-efficient fans and air purifiers to maintain indoor comfort without bringing in irritants.

- Check the daily pollen count before deciding whether to open up your home. Websites and weather apps often provide this information.

3. Reduce Humidity to Prevent Mold Growth

Mold thrives in damp environments. Keep indoor humidity levels between 30-50% to prevent mold and mildew from growing in your home.

- Use a dehumidifier in damp areas like basements.
- Fix leaks promptly and ensure proper ventilation in bathrooms and kitchens.

Quick Tip

Spring Cleaning for Better Breathing!

Did you know that carpets can trap allergens like pollen and pet dander? Vacuuming twice a week with a HEPA filter vacuum can reduce allergens by up to 85%! Consider removing heavy rugs or replacing carpets with easy-to-clean flooring for an allergy-friendly home.



Spring Allergy Home Checklist

- Change air filters monthly
- Wash bedding in hot water weekly
- Vacuum carpets twice a week with HEPA filter
- Use an air purifier in main living areas

4. Wash & Replace Bedding Regularly

Your bed can trap allergens, so washing your sheets, pillowcases, and blankets weekly in hot water (130°F or higher) helps remove dust mites and pollen. Consider using allergen-proof mattress and pillow covers to block irritants.

5. Clean Smart – Not Just Often

Regular cleaning can reduce allergens, but the way you clean matters:

- Vacuum with a HEPA filter to trap allergens rather than spreading them around.
- Damp dust surfaces instead of dry dusting, which can kick up particles.
- Mop floors regularly to remove dust, dirt, and pollen tracked in from outside.

6. Consider an Air Purifier

An energy-efficient air purifier with a HEPA filter can be a game-changer, especially in bedrooms and main living spaces. These devices help trap airborne allergens and improve indoor air quality.

7. Change Clothes & Shower After Outdoor Activities

Pollen can stick to your hair, skin, and clothing. If you've been outside for an extended period, change clothes and shower to avoid transferring allergens to furniture and bedding.

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