

What are ALLERGIES?

An allergy is when the body's defenses react to things in the environment like they are germs, when in reality they are not.

Symptoms of allergies include:

- Sneezing or nose congestion
- Coughing
- Itchy eyes, nose and throat
- Watery eyes
- Skin irritation

Allergies can also cause asthma. Symptoms of asthma include:

- Wheezing
- Coughing
- Lack of breath
- Chest pressure

ALLERGIES in the House?



Many household items can cause allergies and asthma:



Dust mites

- These are tiny bugs that are too small to see with your eyes. They live in mattresses, couches, pillows, rugs, upholstered furniture and stuffed animals.

Mold

- Grows in humid places.

Pets

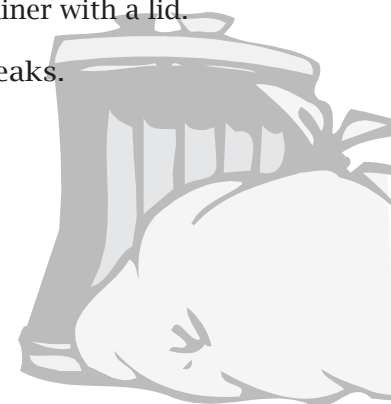
- Especially pets like dogs and cats.

Rats and cockroaches

- They live any place they can find food and water.

PREVENTION

- Wash couch cushions, pillows, bedding, rugs and stuffed toys frequently.
- Use protective covers on couches for the dust and on mattresses.
- Clean mold with diluted bleach (1 tablespoon bleach for 1 quart (32 oz.) water) and open the windows when you clean.
- Keep the areas where your family sleeps free from pets, stuffed animals and rugs.
- Washed stuffed animals in hot water regularly.
- Block entry points to keep rats and cockroaches outside your house.
 - Don't leave food out uncovered.
 - Store garbage in a garbage container with a lid.
 - Fix leaks.



For more information call:

American Academy of Allergy, Asthma and
Immunology
1(800)822-2762

Asthma and Allergy Foundation
of America
1(800)727-8462

If you have a problems with rodents or other
types of pests and need help, you can call the
Asthma Action Line of
the Department of Health
at 1(877)ASTHMA-0



Natividad Medical Center
Attn: CHAMACOS
1441 Constitution Boulevard
Salinas, CA 93906

If you have questions,
please contact the
CHAMACOS office:

Telephone: (831)759-6548
Fax: (831)757-3935



**CENTER FOR THE HEALTH ASSESSMENT OF
MOTHERS AND CHILDREN OF SALINAS**

This publication is possible thanks to the
following research grants:

RD83171001 and 20112238 of EPA;
P01 ES009605 of NIEHS;
2003-307 of The California Wellness Foundation

The content is exclusively the
responsibility of the authors and does
not necessarily represent the views of
the EPA, NIEHS, or The California
Wellness Foundation

ALLERGIES

