

**TABLE 1.** Environmental Control Measures

<b>Allergen</b>	<b>Control Measure</b>
Dust mites	Encase pillows, mattress, and box spring in impermeable cover Wash bed linens and stuffed toys weekly in hot water ( $\geq 130^{\circ}\text{F}$ ) Replace carpet with bare flooring Replace upholstered furniture with leather, vinyl, wood, or plastic Vacuum with high-efficiency particulate air (HEPA) filters Clean regularly, including dusting and wiping furniture
Indoor mold	Eliminate damp areas Decrease home humidity ( $\leq 45\%$ relative humidity) Clean moldy areas Do not use humidifiers
Animal dander	Remove animals from home If removing animals is not an option, keep animals outside or out of child's bedroom, wash hands and change clothes after contact with animals, bathe animals at least weekly, and use HEPA filters
Cockroaches	Encase food Dispose of garbage frequently Seal entry sources Professional extermination, or place bait traps at entry sites
Pollen or other outdoor allergens	Keep windows closed (in house and car) Use air conditioner Shower and rinse hair before bed <sup>32</sup> Avoid outside activities at peak allergen times Dry laundry indoors

Data compiled from AAAAI<sup>25</sup> and Lai, et al.<sup>33</sup>