

## HELPFUL HINTS FOR ENVIRONMENTAL CONTROL



### ANIMAL DANDER

- Pets should not be allowed in the homes of the allergic patient.
- If a pet is already part of the family, it is highly suggested that it become an outside pet. **It should never be allowed in the allergic patient's bedroom.**
- Daily vacuuming is strongly recommended.
- Animal dander can remain in your home for up to two years following the removal of a pet.
- Avoid wool and down blankets, feather pillows and feather headresses.
- Horsehair can be present in antique upholstery, cushion stuffing, or old rug pads and Indian blankets. It is also present in antique doll hair and violin bows.

### POLLEN CONTROL

- It is not the heavily scented, insect pollinated plant with showy flowers, which causes a problem, but the lighter wind-pollinated plant.
- Many plants discharge pollen more so in the morning hours and on clear, windy days.
- Since pollen is airborne, it can travel great distances. Wind velocity, temperature and humidity affect the amount of pollen in the air. It is recommended the patient stay indoors when the pollen count is high and it is windy.
- Removal of ragweed near to the home is encouraged.
- A windbreaker such as a hedgerow or a stand of trees can help reduce the amount of wind blown pollen.



- Do **NOT** hang clothing out to dry, it can trap airborne pollen.
- Pets can bring pollen into the house, it collects in their fur when outside.
- Pollen sensitive individuals should avoid riding in an open car in the country especially during the peak pollen season.
- Air conditioning tends to relieve the pollen-sensitive individual's symptoms.

## **POLLINATING SEASONS**

Trees                      January through May

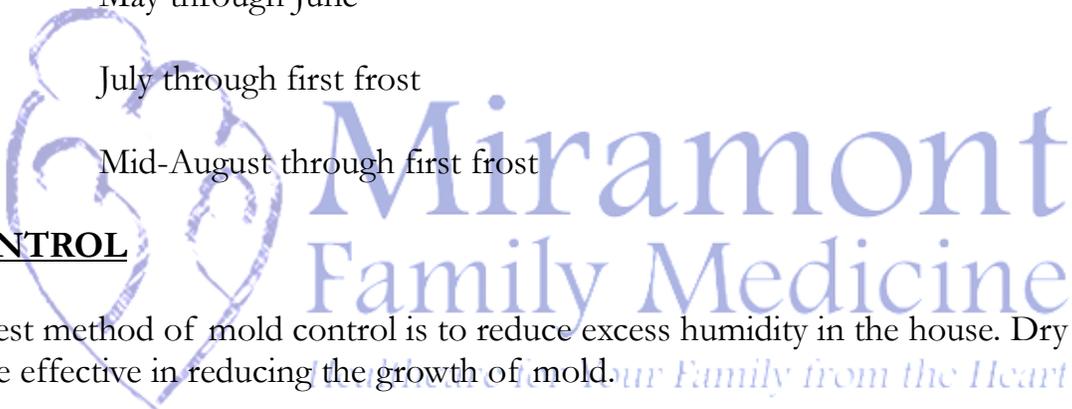
Grasses                    May through June

Weeds                      July through first frost

Ragweed                  Mid-August through first frost

## **MOLD CONTROL**

- The best method of mold control is to reduce excess humidity in the house. Dry cool air and sun are effective in reducing the growth of mold.
- Dust proof covers for the mattress, box springs and pillows are necessary.
- Remove all obvious moldy items such as shoes, luggage, books, plants, wallpaper and carpet. Check stored foods for the possibility of spoilage and mold growth.
- Check bathroom walls, floor, and shower doors or curtains for mold growth. Dry damp bathroom walls following showers.
- Sprinkle Borax in damp areas.
- Check windows, air conditioners, vaporizers, humidifiers, and refrigerator rubber gaskets, and drip pans for mold growth.
- Remove house plants, especially from the bedroom and adjoining bathroom. Dried flowers often contain mold.
- Vent clothes dryer to outside of the house.
- Avoid leaving damp clothes in washing machine or closets.



- Cross ventilate and heat basement. Install dehumidifier in the basement. Attics should also be well ventilated.
- Do **NOT** mow the lawn. Mowing causes mold spores to become airborne. If you must, wear a dust mask.

Mold may be found in the grass (spring and summer) and fallen leaves (autumn). Do **NOT** rake leaves.

- Mold and yeast are used in the processing of cheese, fermentation of beverages, mushrooms, baked goods, and cured ham.
- Beverages such as beer, alcoholic beverages, root beer and ginger ale, also contain yeast.
- Symptomatology due to mold spores can occur anytime of the year. However, it seems to peak during the summer months. Those allergic patients are worse outdoors between 5:30 pm and 8:30 pm due to the cool evening air.
- Mold allergy can manifest itself as a scaly skin condition, common between fingers, behind the knees, and in the ear canal.

## COMMON SOURCES OF MOLDS

These sources given for an individual mold in no way cover all areas where it can be found. Many of the molds listed below have been isolated from soil samples, and the majority is also commonly isolated from air samples.

### *ALTERNARIA*

Parasite or saprophyte on plants and plant material. It may cause black spots on tomatoes and can frequently be found on condensed window frames. It generally appears when the weather is warm and is considered an outdoor mold.

### *ASPERGILLUS*

A thermotolerant fungus with worldwide distribution. Fowl (chicken), damp hay and grain, damp cloth, leather goods, spoiled foods (bacon, sausage, etc), damp paper towels, decaying plant and vegetable material.

### *CLADOSPORIUM*

It is the most frequently encountered mold in the air. Seems to peak in either late Summer or early fall. Commonly found in unclean refrigerators and most window frames. It has also been found in paints, textiles, face creams, fuel tanks, leather, Rubber, cloth, foods and wood products.

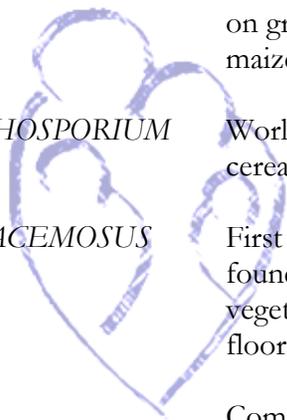
### *MUCOR*

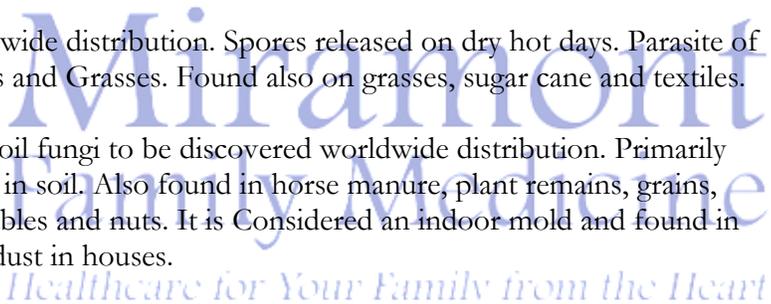
Barns, barnyards (decaying vegetables or animal material).

### *PENICILLIUM NOTATUM*

Plant rot, cheese, fruits, bread, leather, fabrics. Is widely found in soils in temperate zones in forests and grasslands. Reaches peak concentrations in Winter and spring. An important indoor mold. Found on stale bread, fruits, and nuts. Used in making green and blue mold cheese.

<i>AUREOBASIDIUM PULLULANS</i>	Most common in temperate zones. During the summer it can be found on all kinds of leaf surfaces. It has also been found on wheat, seeds, barley, oats, tomatoes, pecans, often in kitchens, bathrooms, and can damage interior painted surfaces.
<i>BOTRYTIS</i>	Occurs mainly in humid, temperate and subtropical regions. Found frequently in the soil. Parasite on plants. Commonly found with soft fruits, e.g. grapes and Strawberries.
<i>CANDIDA ALBICANS</i>	Seldom airborne. Common in soil, organic debris. A saprophyte in the nasopharynx And feces of humans. Can cause significant infections
<i>CURVULARIA</i>	Plant leaves, castor beans, cotton, rice, barley, wheat and corn.
<i>EPICOCCUM</i>	Worldwide distribution. Secondary decomposer of soil, plants, paper and textiles. Also found in cereals, fruits and polluted fresh water, compost beds, and insects.
<i>FUSARIUM</i>	Worldwide distribution. Most active in warm wet weather. Can survive in the soil and on plant debris when it is dry and cold. Widely found on grasses and other plants. Parasite of rice, sugar cane, sorghum and maize grains. Also found on fruits and vegetables.
<i>HELMINTHOSPORIUM</i>	Worldwide distribution. Spores released on dry hot days. Parasite of cereals and Grasses. Found also on grasses, sugar cane and textiles.
<i>MUCOR RACEMOSUS</i>	First soil fungi to be discovered worldwide distribution. Primarily found in soil. Also found in horse manure, plant remains, grains, vegetables and nuts. It is Considered an indoor mold and found in floor dust in houses.
<i>PHOMA</i>	Common soil fungus frequently found on dead plants, tissues and potatoes. Indoor found as a contaminator of humid surfaces.
<i>RHIZOPUS</i>	Worldwide distribution. More common in warmer areas. Occurs in children's sandboxes. Found in forests, cultivated soils, fruit, nests, feathers and dropping of wildbirds.
<i>STEMPHYLLIUM</i>	Common in temperate and subtropical regions. Found in soil, polluted fresh water, Leaves, and bark of trees.
<i>TRICHODERMA VIRIDI</i>	Most widely distributed of all soil fungi. Can grow on other fungi. Found on fallentimber, in moist dwellings, often isolated in kitchens where it grows on unglazed Ceramics. Tulip bulbs may frequently be infected by this mold.




  
 Miramont
   
 Family Medicine
   
*Healthcare for Your Family from the Heart*

***For additional information regarding molds, see Kabi Pharmacia Diagnostics' booklet entitled, "Allergy Which Allergens?" Molds & Yeasts. "***

## DUST MITE AND HOUSE DUST

House dust has long been recognized as a major cause of respiratory allergy, particularly of asthma. Dust mites of the Astigma group to which the genus Dermatophagoides belongs; have been demonstrated to be important allergenic constituents of house dust. The two species of primary importance, Dermatophagoides farinae and Dermatophagoides pteronyssinus have been shown to be of worldwide distribution and are now commonly known as the house dust mites.

Mites are an integral part of man's environment, increasing in numbers as temperatures and humidity reaches an optimum, for example at the end of summer and at low altitude.

Mites live off of dead skin cells. Therefore, mites can be found anywhere that your body sits or lies for prolonged periods of time. Dust mites are very prevalent in mattresses. They are more successfully removed by a vacuum cleaner rather than by brushing of the mattress. Since dust mites are microscopic, one cannot be assured that mites have been successfully eliminated by vacuum cleaning alone. Therefore, it is recommended that after thorough vacuuming of mattresses, springs, and pillows they should be covered in a hypoallergenic casing. This covering should be zipped or snapped to enclose the bedding. The zipper or snaps should then be sealed with tape to totally enclose the bedding.

Keep your bedroom and other rooms in the home as dust free as possible. Bed linens should be changed and other synthetic fiber coverlets. Anything which produces fuzz will always increase your problems with dust.

Hard wood floors are recommended in bedrooms instead of carpet. If carpeting cannot be removed tannic acid spray or powders (Acarosan) can be applied to control mites. (Acarosan is available thru Alkaline Corporation, 714 West Park Ave., Oakhurst, NJ 07755-0306 , 1-9008-531-7830)

Remove heavy draperies and Venetian blinds using only light washable curtains and shades. You can use Venetian blinds if you clean them often, preferably with a damp rag while wearing a dust mask,

Remove all stuffed animals from your children's room or purchase the type which can be easily laundered. Remove all dust catching storage items such as old books, paper boxes, trophies, etc. These not only catch dust but also are a good environment for mold growth.

Air purification systems are very beneficial for the patient with mite allergies. The air treatment systems that contain HEPA filters are the best on the market to reduce the microscopic particles of dust, smoke, pollens, mold spores and chemicals from the air.

