

Joydens Wood Pharmacy

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Opening Times

Monday 9am - 6.30pm

Tuesday 9am - 6.30pm

Wednesday 9am - 6.30pm

Thursday 9am - 6.30pm

Friday 9am - 6.30pm

Saturday 9am - 4.00pm

Closed for Lunch 1pm - 2pm

Your FREE Healthy Living Leaflet for March 2019

1. What is the minimum number of deaths each year that are attributed to indoor air pollution in the UK?
2. How much higher are indoor air levels of pollutants than outdoor levels?
3. Name the three main culprits for causing an allergic reaction in your home
4. Where would you find dust mites?
5. Name two ways to control house dust mites
6. Where can you find moulds in the home?
7. Name two ways to avoid moulds in the home
8. What causes pet allergies?
9. Name two ways to reduce exposure to animal dander in the home
10. What medication can help with allergy symptoms?



Allergy Awareness Week
22nd - 28th April 2019

Answers on the bottom of page two

Poor indoor air quality

Many people suffer from allergies especially those who have asthma or eczema and hay fever is well known as a major problem for them. However poor indoor air quality can have a devastating effect on their health. According to Allergy UK a minimum of 9000 deaths are attributed to indoor air pollution every year in the UK and indoor levels of many pollutants may be 2-10 times higher than outdoor levels. This is shocking and people need to learn more about why clean air matters.

Major allergens that cause an allergic reaction.

The major sources of allergens in our homes are from house dust mite, mould and pets. House dust mite

are tiny creatures that are found in carpets, soft furnishing and clothing but significant exposure comes from bedding. The spores from mould can trigger allergic symptoms such as runny nose, itchy eyes, eczema and most importantly asthma. Ventilation is the key to help stopping moulds flourishing in a damp environment. Pets are the second most important cause of allergies in the home in the UK. The allergy is caused by the protein in your pet's saliva, urine or dander (shed skin particles). With cats and dogs, it is the dander that is mainly responsible while with rodents it is mainly in the urine.



What can you do to reduce the threat from house dust

mites?

Most efforts at controlling house dust mites should be aimed at areas of your home where you spend the majority of your time i.e. bedrooms and living areas. In the bedroom use allergen proof covers on all mattresses, duvets and pillow cases. All other bedding should be washed at 60c weekly.

If possible, remove all carpeting and vacuum regularly with a high filtration vacuum cleaner. Damp wipe all surfaces each week and use light washable cotton curtains so you can clean them frequently.

Vacuum all surfaces of upholstered furniture at least twice weekly. Washable stuffed toys should be cleaned at 60c frequently and non-washable ones should be put in the freezer for at least 12 hours.

Reduce the humidity in your home by increasing the ventilation and finally apply an effective allergen barrier balm around the edge of each of your nostrils to trap pollen or allergens and help prevent a reaction.

And from moulds?

Moulds flourish in damp environments and therefore one of the best ways to prevent their growth is ventilation. Thorough cleaning of the kitchen, bathroom and utility room with subsequent ventilation will help prevent mould growth. Follow these instructions:

- Clean mould from window frames and dry any condensation.
- Do not let food decay. Clean and thoroughly dry your fridge
- Get rid of old foam pillows and mattresses
- Keep house plants to a minimum
- Do not use humidifiers
- Open windows and close internal doors when cooking, showering or bathing which helps prevent steam from entering other rooms.
- Do not hang wet clothes inside or over radiators.
- Avoid paraffin heaters and bottled gas

And pet allergens?

Here are some allergen control measures that may help to reduce symptoms:

- ♦ Keep pets outside if possible and always out of the bedroom
- ♦ Do not allow pets to sit or sleep on soft furnishings
- ♦ Wash pet bedding regularly on a hot wash
- ♦ Remove horse riding clothes before entering your home
- ♦ Use an air purifier to help reduce airborne allergens

Treatments

There are medications available from your local pharmacy that may help to alleviate your



symptoms such as non-sedating antihistamine tablets, antihistamine nasal sprays, eye drops and in severe cases asthma inhalers.

Allergy Tablets



For more information or to buy products that could

help, speak to a member of our staff today.

Answers: Q1, 9000. Q2, 2-10 times. Q3, House dust mite, mould and pets. Q4, Bedding, carpets, soft furnishings and clothing. Q5, Remove all carpets and vacuum hard floors regularly, use allergen proof covers on bedding, damp wipe all surfaces, vacuum all upholstered furniture, wash stuffed toys above 60C, reduce humidity and use an allergen balm round each nostril. Q6, In damp, musty conditions so in un-cleaned fridges, decaying food, on window frames, on the soil of house plants, in bathrooms and kitchens. Q7, Ventilate, close bathroom and kitchen doors when they are in use, do not dry damp clothes indoors, remove houseplants, clean mould from window frames, do not use humidifiers, paraffin heaters or bottled gas. Q8, Proteins in their saliva, urine or dander. Q9, Keep pets outside, do not let them sleep on soft furnishings, wash pet bedding on a hot wash, use an air purifier. Q10, Non-sedating antihistamines, antihistamine nasal sprays or eye drops, asthma inhalers.