



Tips from the School Nasal Allergy Xpert

Jeff May – School Nasal Allergy Xpert

Jeffrey C. May, M.A., is a Certified Indoor Air Quality Professional (CIAQP) who focuses on allergens in the home, school, and workplace. May is a building consultant, indoor air quality expert, and the principal scientist of May Indoor Air Investigations LLC in Tyngsborough, Mass. This chemist understands cleaning at the microscopic level. May is the author or co-author of five books, including *Jeff May’s Healthy Home Tips*, *My House is Killing Me!* *The Home Guide for Families with Allergies and Asthma* and *The Mold Survival Guide*.

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FACT

Ragweed is responsible for most fall allergy symptoms and is most common in the Northeast, South and Midwest. A single ragweed plant can produce one billion grains of pollen in a single season and the ragweed season lasts until the first frost of the year.

FACT

Carpets and rugs harbor dust mites, which can trigger allergies.

FACT

Proteins found in the saliva, dander (dead skin flakes) or urine of furry animals can trigger nasal allergy symptoms such as sneezing, an itchy, runny nose, and itchy, swollen eyes.

FACT

A fish-tank cover can become contaminated with dust mites, especially if fish-food flakes miss the water.

FACT

Excessive basement humidity causes mold.

TIP

Especially on high pollen days, keep the windows closed. Open windows allow pollen and other airborne allergens to drift into the classroom. A clean air conditioner can help to cool and clean the air.

TIP

If you want to read a book, it is best to sit at a desk, not on the carpet. Hardwood, tile or linoleum is also better for children and adults with indoor nasal allergies.

TIP

If your child is allergic to a particular animal, like a rabbit, bird, cat or dog, be sure that animal isn’t in the classroom and that your child isn’t sitting next to someone who owns that animal. If your child is allergic to the class pet, ask the school to remove the animal or ensure it is well kept.

TIP

If there is a fish tank in your child’s classroom, talk to the teacher about keeping the cover and rim clean.

TIP

Before you put fall clothing back in the drawers or closets, be sure it’s well washed, especially if it has been stored in the basement. Storing your child’s fall and winter clothing in airtight plastic boxes or bags will help protect them from excessive basement humidity.

More tips are available on www.indoor-allergy-symptoms.com to help manage indoor and outdoor nasal allergy symptoms so they interfere less with school, work, exercise and outdoor leisure time. Nasal allergy sufferers are encouraged to join the My Xperts™ program to receive monthly e-newsletters on how to manage indoor and outdoor nasal allergies based on their particular needs.