

# Limit exposure

Exposure to allergens can vary by time, location, and type of room within a building.

- ✓ Find out if pets and their habitats, such as straw and hay, are potential allergen triggers.
- ✓ Use air conditioners and keep windows and doors closed during windy days and high pollen seasons.
- ✓ If possible, refrain from outside activities during times of high pollen counts – [Annual pollen calendar, Allergy New Zealand](#).
- ✓ Avoid walking in areas with long grass on trips and excursions.
- ✓ Wash bedding used in early childhood centres and medical rooms in hot water weekly.
- ✓ Wash toys and dress-ups regularly to eliminate dust.
- ✓ Wipe down window sills and areas where dust gathers.
- ✓ Plan to clean carpets throughout the year.
- ✓ Keep areas free of leftover food and drink as this can encourage cockroaches and small rodents.
- ✓ Wipe all surfaces after food preparation and eating.

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