

make  
**TODAY**  
victoriously  
**BOLD**

Stay ahead of your allergy symptoms with prevention. Take steps to adjust your lifestyle for a bolder, more confident season.

## Celebrate little victories over allergies and asthma

Take control of your allergies with 5 top things for allergy relief at home.

### 1. Leave your shoes at the door

Wear slippers or socks instead of spreading allergens from outside.

### 2. Shed those clothes

Change your clothes to help stop transferring pollen all over your home.

### 3. Keep your place squeaky clean

Regularly vacuum, dust, and do laundry to help keep your allergies at bay.

### 4. Start a "closed door" policy

Keep the pollen outside by keeping your door closed.

### 5. Use an air purifier

A good-quality air purifier can help filter out allergens and control the dust.

**TAKE CONTROL**

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