

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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