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- Home management of ALLERGIES.

To reduce the exposure to allergic triggers, read the following recommendations:

Dust Mites.

Dust mites are microscopic creatures that live on house dust and feed on dead skin flakes. To reduce exposure proceed as follows:

- Encase mattress, box spring and pillows in allergen proof coverings. Wash bedding weekly in 130 F hot water. Dust and vacuum your house daily, make sure you are wearing a mask. Change furnace and AC filters periodically. Use a dehumidifier to reduce the humidity in your home.

Molds.

Molds live both outdoors and indoors, and their spores can cause allergic reactions. To reduce exposure proceed as follows:

- Identify and clean moldy areas with fungicide or bleach. Use a dehumidifier to reduce the humidity in your home. Fix water leaks. Clean furnace filters, refrigerator and dehumidifier with bleach. Thoroughly dry clothes before storing.

Animal Dander.

Allergy to an animal is actually a sensitivity to the pet's skin flakes or fur. To reduce exposure proceed as follows:

- Confine the pet to a room with polished floor and wipeable furniture. Restrict your furry pet from the bedrooms. Use HEPA filters and on vacuum cleaners at home. Wash your pet weekly in warm water and soap. A furry pet is best to keep outdoors or find it a new home.

Cockroaches.

Cockroach saliva and fecal material are main sensitizers for humans. To reduce exposure proceed as follows:

- Wash dishes. Keep food and garbage in closed containers. Take out garbage regularly. Don't store paper bags, newspapers or cardboard boxes in your home. Seal plumbing openings, cracks and crevices. Use professional exterminator company.

Rodents.

To reduce exposure, proceed as follows: Seal holes and cracks in your home. Keep bushes and trees at least 3 feet from housing . Store food and trash in secured containers. Use professional exterminator company.

Pollens.

These are tiny airborne particles shed by trees, weeds, and grasses; to reduce exposure proceed as follows:

- If working outdoors, remove work clothes after working outside and carry them in a bag to the washing machine; then shower well and wash hair, eyes and eyelashes. Stay indoors when pollen counts are high, check reports on your local forecast or go to www.pollen.com. Use HEPA filters in your household, and also for your furnace and vacuum cleaner. Take allergy medicine 30 minutes before stepping outside,