

## POLLEN CONTROL MEASURES

KEEP WINDOWS AND DOORS SHUT AND RUN AIR CONDITIONER AT ALL TIMES. THIS KEEPS THE OUTDOORS AIR OUTSIDE.

KEEP WINDOWS CLOSED WHILE IN THE CAR AND AIR CONDITIONER ON THE “RE-CIRCULATE” MODE.

WASH YOUR HAIR BEFORE GOING TO BED AT NIGHT TO REDUCE EXPOSURE DURING SLEEP.

KEEP PETS OUTDOORS TO PREVENT THE POLLEN FROM BEING BROUGHT IN ON THEIR HAIR.

AVOID HANGING CLOTHES AND LINENS OUTSIDE AS POLLENS MAY COLLECT ON THE ITEMS.

DON'T MOW THE LAWN IF YOU ARE ALLERGIC TO GRASS OR WEEDS. IF YOU MUST MOW THE GRASS, WEAR A FACE MASK.

