

Oak Pollen Allergy Defense Checklist

Bedroom Allergy-Proofing

- ☐ Keep windows shut at all times
- ☐ Use a HEPA air purifier
- ☐ Install MERV 11-13 filters in HVAC system
- ☐ Wash bedding in hot water (130°F / 54°C) weekly
- ☐ Use dust-mite/allergy-proof covers on pillows and mattresses
- ☐ Vacuum carpet/rugs with HEPA vacuum 2-3x per week
- ☐ Use washable curtains or blinds
- ☐ Remove clutter, stuffed animals, and unused pillows
- ☐ Store clean clothes in closed drawers/closets

Travel Routine

- ☐ Check pollen forecast before departure (use Pollen.com or app)
- ☐ Pack daily antihistamine (e.g., cetirizine, loratadine)
- ☐ Pack nasal spray (e.g., Flonase, Nasacort)
- ☐ Pack decongestant (if needed)
- ☐ Pack saline nasal spray
- ☐ Bring N95 or KN95 masks
- ☐ Bring sunglasses to protect eyes
- ☐ Use recirculated air in car (keep windows closed)
- ☐ Stay in a pet-free, non-smoking room
- ☐ Bring a portable HEPA air purifier (for hotel room)
- ☐ Pack wipes or face cloths for quick clean-ups
- ☐ Change clothes after outdoor activities
- ☐ Bring extra outfits in case of pollen exposure