



Garden and outdoors



Cleaning checklist

- ✔ Be aware of pollen – garden and outdoor areas are a haven for triggers like pollen
- ✔ If you live in Melbourne, Brisbane, Sydney or Canberra, check the pollen forecast (available during the main pollen season) in each of those cities
- ✔ Try to avoid going outdoors on days with high pollen counts, on windy days or after thunderstorms.
- ✔ Do not mow the grass yourself if pollen is one of your triggers
- ✔ Keep pools and spas clean
- ✔ Be aware of the type of treatments used in pools and spas
- ✔ Clear overflowing gutters



Product and service checklist

- ✔ Use pool and spa treatment products that avoid chlorine and bromine, and are suitable for people with asthma, allergies and sensitive skin
- ✔ Consider an air purifier if you still experience symptoms of pollen allergy once you are back indoors
- ✔ Use a saline nasal spray and nasal cleanse during pollen season
- ✔ Consider using a natural and drug free steam inhaler that is used to provide symptomatic relief for patients who suffer from allergies