



ALLERGENS FROM HOME

INHALANTS (1ST VISIT IN NEAT SERIES):

Indoor/Car:

- Vacuum this area and bring in the used vacuum bag.

Outdoors:

- Take a large plastic bag and pick up whatever happens to be on the ground around your environment. This includes dirt, grass, leaves, blooming plants, etc.

Bedroom Vent:

- Take a Q-tip and swab the inside of the vent.

Work/School:

- Take similar samples.

CHEMICALS & FOODS (2ND VISIT):

Bring the entire containers, NOT just samples. Place all containers in a large box or basket.

Personal:

- Cosmetics
- Deodorant
- Shower Water
- Toothpaste
- Sunscreens
- Lotions
- Perfumes
- Other

Laundry:

- Detergent
- Bleach
- Softeners
- Dryer Sheets
- Other

Work environment:

- Markers
- Copier Paper
- Forms
- Other

- Bring any supplements or bars you are taking and anything in particular you may suspect.

CLEANUP (3RD VISIT):

Bring in:

- Pillow
- Pillowcases
- Sunglasses
- Jewelry that causes a rash or skin color change
- Anything which did not fall into a previous category