



Seasonal Allergies

With spring just around the corner, many of us are experiencing seasonal allergies. Common pollens that cause spring/summertime allergies include tree pollens (juniper, mulberry), grasses and ragweed. Pollen levels fluctuate day-to-day depending on weather and environmental conditions.

Sneezing, stuffy nose, itchy eyes and nose are some of the symptoms of seasonal allergies. Luckily there are steps that can be taken to control these symptoms.

1. Keep windows and doors closed at home and when driving. Air conditioners may help filter out pollen.
2. Avoid going outside in the morning before 10am and on dry, windy days, as pollen levels are usually higher.
3. Avoid mowing the lawn if allergy symptoms increase.
4. Avoid hanging laundry out to dry as pollen can be carried indoors on clothes and bedding.
5. Talk to your healthcare provider about allergy medicine, such as antihistamines that can help with allergy symptoms.

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Source: American Academy of Allergy, Asthma and Immunology