



live well, work well

Presented by Veritas Risk Services

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## Avoiding Spring Allergies

Allergy season is already upon us in certain parts of the United States, and unseasonably warm weather is partially at fault. Weather patterns related to El Nino have caused plants to bloom earlier than normal, and the combination of blooming flowers, pollen in the air and warmer temperatures is a nightmare for allergy sufferers.

Keep the following tips in mind if you are affected by seasonal allergies when spring arrives in your areas:

- Take off your shoes as soon as you get home and leave them by the door. This will reduce the number of pollutants inside your home.
- Take a shower before you go to bed. This helps you avoid taking mold or pollen to bed with you.
- Avoid going outdoors when the pollen count is high, which is typically during hot, dry and windy days.
- Do some spring cleaning. Dust accumulated indoors over the course of the winter can sometimes be worse than outdoor allergies.