



# SPRING ALLERGIES

As the weather warms up, do you find yourself suffering from springtime allergies? Don't worry, you're not the only one dreading the sneezing and the sniffing.

## HERE ARE SOME WAYS TO HELP ALLEVIATE ALLERGY SYMPTOMS:

- Start taking over-the-counter antihistamines when high pollen counts are forecast, even before your symptoms start.
- Stay indoors on dry, windy days. The best time to go outside is after a rain, which helps clear pollen from the air.
- Keep windows and doors closed – Restricting the amount of outside air that comes into your home may help those with airborne allergen sensitivities.
- Delegate lawn mowing, weed pulling, and other gardening chores that stir up allergens.
- After spending time outside, take a shower to rinse pollen from your skin and hair and put on clean clothes.
- Wear a face mask if you do outside chores
- Use air conditioning in your house and car.
- Use high-efficiency air filters and change them frequently.
- Keep indoor air dry with a dehumidifier.



**Patient First**<sup>®</sup>

