



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®

