

Seasonal Allergies

Spring brings flowers and budding trees – however, if you suffer from seasonal allergies, spring also brings sneezing, itchy eyes and other symptoms.



To help your exposure to pollen you could:

- Keep windows closed to keep pollen outside.
- Keep car windows closed when driving.
- Be aware of the pollen forecast and avoid being outside when levels are high.
- Have someone else mow your grass.
- Avoid drying laundry outside.

Sources: weather.com, mayoclinic.com

When pollen levels are expected to be high, there are extra steps you can take. Avoid outdoor activities during early morning hours. Pollen is usually worse during the hours of 5 a.m. – 10 a.m. You can also start taking allergy medications before your symptoms begin. Download an app or logon to pollen.com to find allergy forecasts in your local area.

This information should not be used as a substitute for medical advice from, or treatment by, your physician. Please contact your physician for additional information about your condition.

