

## Spring into Action Against Seasonal Allergies

### Welcome Spring... and Allergy Season

Spring is now (officially) here, but brings with it a less welcome arrival... seasonal allergies. About **24 million** Americans suffer from seasonal allergies (also called **hay fever** and **allergic rhinitis**), which are primarily caused by pollen from plants. To combat pollen, your immune system produces histamine, which can cause sneezing, runny nose, itchy throat and red, watery eyes.

## TIPS TO COMBAT SEASONAL ALLERGIES



Stay indoors on dry, windy days. The best time to go outside is after a good rain, which helps clear pollen from the air.

Remove clothes you've worn outside and shower to rinse pollen from your skin and hair.



Keep track of pollen levels and current forecasts. Close doors and windows when pollen counts are high.

Delegate lawn mowing, weed pulling and other gardening chores that stir up allergens.



Use air-conditioning in your house and car. Use high-efficiency air filters and follow regular maintenance schedules.

Wash bedding in hot, soapy water once a week.



If you have questions about allergy treatment or medications, please consult your physician.

SOURCES: ACAAI, CDC, Mayo Clinic, WebMD