

## Surviving Spring Allergies

### Spring and Seasonal Allergies

As spring begins, do you find yourself suffering from seasonal allergies? More than 1 in 4 adults in the U.S. 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 pesky symptoms such as sneezing, runny nose, itchy throat and red, watery eyes. However, there are some basic **precautions** you can take to **reduce** symptoms of seasonal allergies.

## TIPS TO FIGHT SEASONAL ALLERGIES



- Try to stay indoors whenever the pollen count is high.
- Keep doors and windows shut at home and in your car when pollen counts are high.
- Use air conditioning in your house and car.
- Choose an allergy-reduction HVAC filter and change it regularly.
- Shower when you come home and don't re-wear clothes until they have been washed.
- Wash bedding often in hot water.
- Consistently take doctor-recommended treatments and medications.

SOURCES: Center for Disease Control & Prevention, Cleveland Clinic, Mayo Clinic