

## Spring Into Health: Allergy Relief and Respiratory Wellness

*Managing seasonal allergies this spring is easier with proactive steps to stay comfortable and healthy.*

As the flowers bloom and the weather warms up, many people are affected by seasonal allergies. Spring is notorious for pollen, which can trigger sneezing, itchy eyes, and congestion. For those with respiratory issues or asthma, this season may require **extra precautions**. Over **50 million** Americans suffer from allergies each year, and pollen is a leading trigger. Understanding how to manage allergies can lead to a more comfortable and enjoyable spring. By incorporating these simple strategies, you can **minimize allergy symptoms** and breathe easy all season long.

### Track Pollen Counts

Stay informed by checking local pollen counts through weather apps or websites. On high pollen days limit outdoor activities, especially during peak hours in the morning and evening.

### Choose Proper Spring Allergy Medications

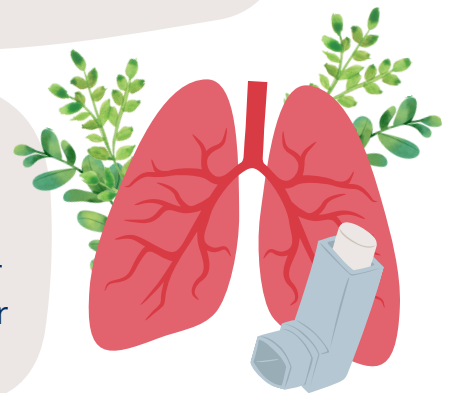
Over-the-counter antihistamines and nasal sprays can provide relief. Consult your doctor to find the right option for your needs, especially if you have pre-existing conditions like asthma.

### Wash Up

After spending time outdoors, shower and change clothes to remove pollen from your body and hair.

### Keep Windows Closed

Keep your home and car windows closed to prevent pollen from entering. Use air conditioning with a clean filter to maintain airflow.



SOURCES: AMERICAN COLLEGE OF ALLERGY, ASTHMA, AND IMMUNOLOGY