

Spring Allergies: Breathe Easier This Season

Rising pollen levels can trigger symptoms for many individuals, making it important to take a proactive approach to allergy management.

Spring brings warmer days, but for many, seasonal allergies too. Pollen levels can surge in April, leading to sneezing, itchy eyes, and congestion.

Nearly **1 in 3 adults** in the U.S. have seasonal allergies, making it one of the **most common** chronic conditions. Pollen exposure can trigger symptoms that affect sleep, concentration, and overall well-being. Taking preventive steps early in the season and understanding your personal triggers can help **minimize symptoms** and keep you feeling your best throughout the spring months.

Proactive Steps for Spring Allergy Relief

- **Use a HEPA (High-Efficiency Particulate Air) filter** in HVAC systems or portable air purifiers
- **Change air filters regularly**, every 1–3 months
- **Stay hydrated** to thin mucus and reduce congestion, aim for 64-80 ounces daily
- **Avoid being outside during high pollen count** (typically peaks by midday or early afternoon)
- **Start allergy medications early** (if recommended by a provider)



SOURCE: THE CENTERS FOR DISEASE CONTROL AND PREVENTION