

Spring Allergies

The beauty of spring inspires dread for allergy sufferers. Plants begin to bud and bloom and release pollen into the air which travels from trees, weeds, and grasses in the wind. When we breathe it in, our bodies recognize it as a foreign body and release antibodies to try to fight it off. This causes the release of histamine that leads to familiar allergy symptoms. Over 35 million Americans suffer from allergies.

You are not alone!

Allergy Symptoms

- Runny Nose
- Watery Eyes
- Sneezing
- Coughing
- Itchy Eyes & Nose
- Dark Circles under the Eyes
- Airborne allergies also trigger asthma



Tips

- ✓ Pollen count is highest in the morning. Try to stay indoors during this time if you can.
- ✓ When the wind picks up, pollen count increases. Try to stay indoors when it's windy.
- ✓ Rainy days offer relief to allergy sufferers because rain washes allergens away. Enjoy April showers!
- ✓ Keep windows and doors closed as much as possible to minimize pollen blowing into your home.
- ✓ Consider investing in an air purifier with a HEPA filter to keep air in your home free of pollen.

Treatments

- Antihistamines
- Decongestants
- Nasal spray decongestants
- Eye drops
- If symptoms are severe and don't improve or continue to worsen, be sure to see your doctor.

