

– Take Charge of Your Health –



Curb Spring Allergies



Millions of Americans suffer from seasonal allergies every year. Springtime allergens, such as blossoming flowers, weeds and grasses, can cause seasonal allergies. Common symptoms include itchy or watery eyes, stuffy or runny nose, coughing and sneezing. While seasonal allergies are unavoidable in most cases, there are ways to manage them. Consider the following tips to help curb your spring allergies:

- **Change your air filters.** You should frequently check and change your air filters, especially during peak allergy season, to help keep allergens out of your home.
- **Clean frequently.** Allergens can easily find their way into your home. Remove clothing worn outdoors, vacuum daily and clean bedding frequently to keep allergens at bay.
- **Stay indoors on high pollen count days, if possible.** Check your local news for the forecast on current pollen levels. If pollen counts are high, limit outdoor activities, if possible.
- **Try over-the-counter medications.** Several nonprescription medications, such as oral antihistamines and nasal sprays, can help ease allergy symptoms.
- **Visit your doctor.** Spring allergies affect everyone differently. If you're having difficulty managing your symptoms, reach out to your doctor for additional guidance and possible treatment

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