

Seasonal Allergies

Allergies are an abnormal response of the immune system. People who have allergies have an immune system that reacts to a substance in the environment called an allergen.

Symptoms:

- Sneezing
- Postnasal Drip
- Runny nose
- Coughing
- Watery eyes
- Itchy nose
- Can trigger asthma

Treatment:

Allergy medications can be used to relieve symptoms. Talk to your doctor before taking any form of medicine. They will help you identify & avoid your allergy triggers.

Tips:

Pay attention to the news & to see the pollen count. If the pollen count is high, stay indoors as much as possible.

If you go outside, take a shower when you come in to avoid spreading pollen indoors.

Over-the-Counter Aids:

- Antihistamines
- Decongestants
- Nasal sprays
- Eye drops

Pollen is the biggest spring allergen

