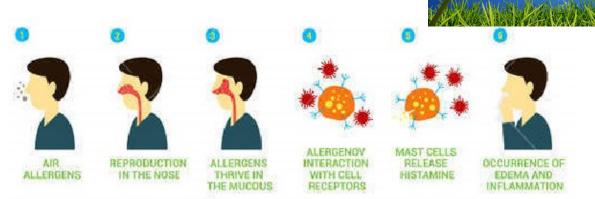
April 2018



How Allergies Begin...



When are Allergies the worst?

The duration of allergy season depends upon what a person is allergic to which means it can be anywhere from early spring all the way through to late fall.



Common Cold vs. Allergies

Common Cold	Allergies
A sore throat and cough	An itchy throat with sneezing and wheez-
Slow progression	Happens overnight
Caused by a virus	Caused by pollen, ragweed and other allergens
Low grade fever	No fever at all
No treatment needed—it will run its course	Need allergy medication to relieve symptoms

Do's and Don'ts

- Don't mow lawn or rake leaves
- Do keep your windows closed and use air conditioning
- Don't dry sheets and clothes outdoors
- Do wash your bedding in hot water every week

How Bad Are Your





Tips to survive seasonal allergies

- Reduce the humidity level
- · Vacuum and dust regularly
- Wear a hat and sunglasses to prevent pollen from landing on your head or in your eyes
- Use a nasal saline solution to wash away pollen you have already inhaled
- Use eye drops if your eyes are dry and itchy.
 Eye drops can help both with flushing pollen out of your eyes and re-moisturizing dry eyes.

TRIGGERS...



NATURAL ALLERGY REMEDIES



Some ways to treat your allergies are:

- Air conditioning—to prevent moisture in the air
- Saline nasal spray
- Daily allergy pill (Claritin, Zyrtec, Allegra)
- Nasal allergy sprays (Flonase, Nasacort)

If your allergies last more than 3 weeks, contact your doctor.