

Seasonal Allergies DRIVING YOU CRAZY?

It's spring and there's something in the air that may be wreaking havoc with your quality of life. Pollen from trees, grasses and weeds can send your immune system into overdrive if you're not careful. Learn more about allergy symptoms and what you can do to kick them to the curb.

REDUCING ALLERGY TRIGGERS

Avoiding allergy triggers is the best way to prevent symptoms, according to the U.S. National Library of Medicine. To reduce pollen exposure:



Keep windows shut at home and in the car, and rely on air-conditioning to filter the air.



Let someone else cut the grass, and avoid your lawn when it's freshly cut.



Shower and change clothes after spending time outdoors.



Use a dryer instead of line drying laundry to avoid collecting pollen.



SIGNS OF TROUBLE

- Inability to smell
- Itchy eyes, nose, throat, skin or mouth
- Runny nose
- Sneezing
- Watery eyes

ALLERGY SYMPTOMS

- Coughing
- Dark circles under eyes
- Eye puffiness
- Fatigue
- Headache
- Irritability
- Nasal congestion
- Plugged ears
- Sore throat

TAKE CHARGE

Avoiding allergy triggers is the best way to prevent symptoms. If you're unable to avoid triggers, you have treatment options.

Self-care when symptoms start includes:



Take an over-the-counter antihistamine or decongestant beginning two weeks before your typical onset of symptoms. Look for nondrowsy formulas if you will be driving or working.



Rinse nasal passages using a clean neti pot with warm, salted distilled water.



Spray corticosteroid nasal spray to reduce inflammation.

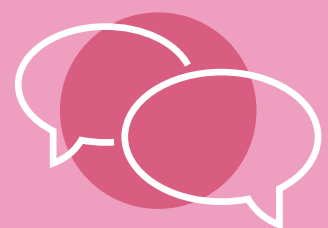
WE'RE HERE TO HELP

If allergy trigger avoidance and self-care are not managing symptoms, it's time to visit one of our convenient locations. We can:



Evaluate your allergy symptoms

Recommend over-the-counter treatment options



Provide prescriptions for stronger allergy medications

Refer you to an allergist if more specialized treatment is necessary



We're here to help you *spring free* from seasonal allergies!