

SEASONAL ALLERGIES

ACHOO!

Knock knock. *Who's there?* Hatch. *Hatch who?* Bless you!

If you find yourself sneezing or itching your eyes more than usual, you might be experiencing seasonal allergies. Also known as hay fever or allergic rhinitis, seasonal allergies occur when the immune system overreacts to airborne substances. Let's look at some causes and solutions!

COMMON SYMPTOMS

- Sneezing/coughing
- Runny or stuffy nose
- Itchy eyes, nose, throat, or ears
- Fatigue or disturbed sleep

COMMON ALLERGENS

- Pollen from trees, grasses, and weeds
- Mold spores
- Pet dander
- Allergens vary by region (see maps)

Grass Pollen Season



Tree Pollen Season



Ragweed Pollen Season



Weed Pollen Season



Source: American Academy of Allergy, Asthma and Immunology

TIPS FOR MANAGING

- Check the local pollen count before heading outside. Use weather apps or visit pollen.com.
- Pollen tends to be lower from 4 AM - Noon, and higher from 2-9 PM, so take your walk earlier in the day when possible.
- Shower and change clothes after being outdoors.
- Wear sunglasses and a hat to help keep pollen out of your eyes and hair.
- Keep windows closed when pollen is high.
- When allergies want to keep you inside, consider taking an indoor walk at the mall or search "Walk at Home" on YouTube!

TREATMENT OPTIONS

- Over-the-counter antihistamines, decongestants, and nasal corticosteroid sprays can alleviate symptoms.
- Using saline solutions can help clear nasal passages of allergens and reduce congestion.
- For persistent symptoms, allergen immunotherapy (allergy shots) may be considered to build tolerance to specific allergens over time.
- Consult a healthcare provider for personalized recommendations.