



MANAGING SPRINGTIME ALLERGIES

You can't completely avoid seasonal allergens, but you can reduce your signs and symptoms and minimize your exposure with these simple reminders:



1. Close doors and windows when pollen counts are high.
2. Use air conditioning in your house and care. Air conditioning cleans, cools and dries the air.
3. Stay indoors on dry, windy days. The best time to go outdoors is after a good rain which helps clear the pollen from the air.
4. Use a dehumidifier to reduce indoor humidity.
5. Use a high-efficiency particulate air (HEPA) filter in your bedroom and keep windows closed.
6. Delegate lawn mowing, weed pulling and other gardening chores that stir up pollen and molds.

There are also things that you can do around the house to reduce allergy flair-ups:

1. Use allergy-proof covers on mattresses, box springs and pillows.
2. Wash sheets and blankets in water heated to at least 130 degrees F.
3. Vacuum carpets weekly with a vacuum cleaner equipped with a small particle or HEPA filter.
4. Consider removing carpeting, especially where you sleep, if you are highly sensitive to dust mites.
5. Think twice about having your pet sleep on your bed or on your couch. Pollen clings to pet fur.

In addition to using these self-care tips, you might want to talk to your doctor about allergy medications, such as nasal sprays, eyedrops or pills to help control your symptoms.

