

# SPRING ALLERGIES



## BE PREPARED FOR SPRING ACTIVITIES BY KNOWING THE FACTS

### Spring allergies:

- Nasal allergies affect 50 million Americans each year and are the 6th leading cause of chronic illness.
- Allergies affect as many as 30% of adults and 40% of children in the U.S.
- Allergies have an annual cost of \$18 billion.
- Allergies can be seasonal, or perennial, which means continually recurring.
- Pollen can travel for miles, so you may be impacted by more than just the plants and trees in your neighborhood.
- The immune system sees pollen as a danger, which causes histamines to be released which in turn causes runny nose and itchy eyes.
- Symptoms of allergies: runny nose, itchy eyes and nose, coughing, sneezing, watery eyes, dark circle under eyes.
- Pollen counts are usually highest in the morning.

### How to prevent/lessen spring allergies:

- Keep windows and doors closed as much as possible to prevent pollen from getting inside your home.
- Leaving shoes at the door prevents pollen from being tracked into the home.
- Don't line-dry clothing items or sheets outside; they collect pollen while hanging.
- Smoking can make allergy symptoms worse.
- Using a HEPA filter will trap allergens and pollen particles better, making your home more clean.
- Take allergy medicines that have antihistamines as an active ingredient, that acts to block your body's response to allergies.
- Start taking medicine BEFORE the season even starts. This allows the medicine to be fully circulated through your system by the time symptoms start.
- Limit the time you spend outdoors, especially on windy days when pollen is easily airborne and spreading.