

5 Ways to Beat Spring Allergies

MAY 2017

Limit Your Time Outdoors:

When trees release tiny grains of pollen into the air, breathing them in can trigger an allergic reaction. Staying inside can help when pollen counts are high. When you head outside, wear glasses to help keep pollen out of your eyes.



Take Allergy Medicine:

Antihistamines block your body's response to allergies. Taking an allergy medicine can control allergy symptoms. Consult your doctor before taking any medicine for your symptoms.

Protect Yourself Early On:

Take allergy medicine early on, the medicine will be in your system by the time you experience reactions. Start taking medicine before your eyes get watery and you can't stop sneezing.

Get Natural Relief:

Some herbal remedies may help keep allergy symptoms at bay. Try a Neti Pot with a salt and water solution to flush out the sinuses of allergens and irritations.

Make Changes in to Your Home:

Shutting the windows in your home keeps out the pollen spores. Try using an air conditioner to cool your home instead of a fan which draws in air from outside.