



# Seasonal Allergy Relief

Are you among the one in five Americans with allergies or asthma? As the saying goes, “An ounce of prevention is worth a pound of cure.” It pays to take a proactive approach, especially for those who can develop serious health issues.

## Seven tips can help minimize your symptoms:

- 1 Stay in.** Monitor pollen and mold counts—there’s an app for that! When counts are high, minimize outdoor time; or better yet, stay indoors especially on windy days.
- 2 Keep out.** Close your home and car windows to keep the pollen out, and stay away from open fields.
- 3 Wash away.** Shower at night to remove any pollen from your skin before going to bed.
- 4 Filter it.** Use humidifiers and air conditioning with HEPA filters, and change them regularly.
- 5 Rinse it.** Rinsing your nasal passages with saline solution is a quick, inexpensive and effective way to relieve nasal congestion.
- 6 Get help.** Try over-the-counter medications, like antihistamines and intranasal corticosteroids to relieve and possibly prevent symptoms like watery, itchy eyes and congestion.
- 7 Solve it.** Allergy shots may provide permanent relief. Talk to your doctor to find out what’s right for you.

When it comes to feeling your best, follow these tips to help keep your allergies under control.