

ALLERGY SEASON IS

BACK IN ACTION



It's going to be a tough season for allergies!

Spring means flowers, outdoor molds and blooming trees, which are releasing pollen into the air. If you are allergic to the pollen particles (also called allergens) you probably have the signs and symptoms of hay fever (seasonal allergies). You can have sneezing, congestion, runny nose, coughing, and itchy watery eyes. If you have asthma, keep on top of it because hay-fever can trigger an asthma flare-up.

There is no cure for seasonal allergies but there things you can do to help with the symptoms:



1. Try to cut down contact to pollen by staying inside, keeping windows closed, air conditioning on if the pollen count is high. Shower and shampoo nightly to rinse pollen off.
2. Rinse your sinuses with distilled salt water using a netipot or a squeeze bottle available at any pharmacy.
3. Medications can help: The newer antihistamines last 24 hours and don't cause the drowsiness that Benadryl does. **Examples are Allegra, Claritin, Flonase Nasal Spray, and Zyrtec to name a few.**
4. There are non-prescriptions eye drops that can help with **eye symptoms, like Visine AC, Opcon or Vasocon.**
5. Talk to your primary care provider about prescription medication, like anti-inflammatory nasal spray and prescription eye drops.

Talk to your primary care provider about "allergy shot" (immunotherapy) which over time can help you become much less sensitive to the allergies.

Of course, you can always talk to your School Based Health Center staff!