

Treating Seasonal ALLERGIES

For some 81 million Americans, Spring marks the arrival of seasonal allergies. Unlike perennial allergies, which occur year-round, seasonal allergies such as hay fever come and go at certain times of the year when your immune system overreacts to airborne allergens like pollen.

When pollen that is released by grasses and trees is inhaled by susceptible people, it triggers an inflammatory response causing their bodies to release histamines that result in the classic allergy symptoms: sneezing, itchy and watery eyes, runny nose, coughing, and postnatal drip.

The length of your allergy season depends on what you're allergic to. If you have just one trigger, your symptoms might be confined to a few specific weeks or months each year. But if you're sensitive to multiple allergens, allergy season can feel like a never-ending shuffle, potentially spanning two or more seasons. Below is an overview of common seasonal allergy details - what to watch out for, and tips to mitigate the misery.



Triggers

- Tree Pollen
- Weed Pollen
- Grass Pollen

Symptoms

Most Common

- Runny nose, and/or sneezing.
- Itchy or watery eyes.
- Itchy sinuses, throat, or ear canals.
- Stuffy nose or ear congestion

Less Common

- Headache
- Coughing
- Wheezing
- Shortness of Breath



Tips

FOR MINIMIZING SEASONAL ALLERGY SYMPTOMS

Know your triggers and try to avoid them.

Stay inside when pollen counts are high.

Keep windows and doors closed.

Change clothes and shower after being outdoors.

Limit yardwork and gardening.

Change air filters often, and use a HEPA filter.

Use a dehumidifier.

Use a saline nasal spray.

Take medication as recommended by your doctor.

Vacuum often.

Treatments

These over-the-counter treatments are common for allergy symptoms. Always ask your doctor before trying a new medication.



Antihistamines

Helpful for itchy, eyes and nose, sneezing, runny nose, and nasal drainage.



Saline, Sinus Rinses

Rinses mucus, pollen, dust, and mold from the nose and clear sinuses.



Nasal Steroids

Sprays to relieve nasal congestion.

Allergy vs. Cold

It can be difficult to tell the difference between allergies and a cold but this guide can show you how common symptoms can differ between the two.



YES

Do you have aches and pains?

Discomfort in muscles and joints could be a sign of a cold.

Do you have itchy, watery eyes?

This is a common indicator of allergies.

Have the symptoms lasted longer than 10 days?

It may be allergies, which can last as long as the allergen is in the area.

Do you have a fever?

You are probably experiencing either a cold or the flu.

NO

Allergies do not usually cause aches.

A cold may cause watery, red and irritated eyes, but itchiness is a sign of allergies.

Colds usually come on and leave quickly, typically lasting no longer than 10 days.

Allergies do not usually cause a fever.



Allergies are **THE 6TH LEADING** cause of chronic illness in the USA.



Annual allergy costs exceed

\$18 BILLION



Immunotherapy (allergy shots) helps reduce common hayfever symptoms in about

85%

 of people with seasonal allergies.