

Stop Your Sneezing

Hay fever, also known as seasonal allergies, is like having a cold. During the hay fever season, the tissues lining your nose become inflamed, causing a stuffy feeling. You may also have sneezing, runny nose, scratchy throat and red, itchy eyes.



Here are some suggestions for coping with Seasonal Allergies:

- Stay indoors between 5 and 10 am. This is the peak time for pollen in the air.
- Keep you windows closed and the air conditioner on.
- Take a shower after spending time outside to get rid of the allergens that collect on your body.
- Shower in the evening during peak allergy times. This keeps the spores from collecting on your bed sheets.
- Wash you bed sheets weekly in hot water and change pillow covers frequently.
- Dry your sheets in the dryer and not outside where pollen can collect on them.
- If possible, have someone else mow the lawn and rake the leaves.
- Change your air conditioner and furnace filters once a month.
- Avoid alcohol and cigarettes, they can worsen symptoms.