

How to Manage Seasonal Allergies:

Avoid coming into contact with outside allergens: Controlling your exposure to allergens is one of the best ways to manage your allergies. Using an allergy forecaster can be very helpful as certain weather conditions can increase the severity of allergies. Avoid dry and windy days, as pollen is increased.

1. Check the pollen count outside by using an allergy forecast
2. Keep windows and doors closed
3. Stay indoor when pollen counts are high, dry and windy days, as there is likely in an increase of pollen in the air
4. Wear protective clothing when outside

Keep up your hygiene: While it is impossible to completely avoid all allergens, there are many steps you can take when it comes to your personal hygiene that can protect you from allergies.

1. Bathe, shower, change clothes after being outdoors
2. Avoid touching your face eyes and nose
3. Wash bedding in hot water weekly
4. Use zippered allergen impermeable pillow and mattress covers

Keep your air clean: Help reduce the amount of pollen coming into your home by keeping the air clean with air conditioning and dehumidifiers.

1. Keep indoor humidity below 50%
2. Use air conditioning instead of fresh air
3. Use a dehumidifier to keep indoor air dry

Allergies VS Cold Symptom Check ✓		
SYMPTOMS	ALLERGY	COLD
Fever	Never	Sometimes
Cough	Sometimes	Usually
Sneeze	Usually	Usually
Itchy eyes	Usually	Rarely
Sore throat	Rarely	Usually
Aches and pains	Never	Sometimes
Runny nose	Usually	Usually