

SEASONAL ALLERGIES

Spring brings a season of grass, tree, and ragweed pollen, which means those with seasonal allergies may experience symptoms until the Fall.

Easy Ways to AVOID ALLERGENS:

- Avoid outdoors between 5-10am
- The best time to go outside is after a heavy rain when pollen levels are lowest
- Keep the windows closed in your home and car
- Use air conditioning with HEPA filters and avoid ceiling fan use
- Do not dry clothes outside
- Before you plant a tree, find out if it would contribute to allergies
- Keep the grass cut grass short and wear a mask when mowing the lawn
- Wash sheets with hot water

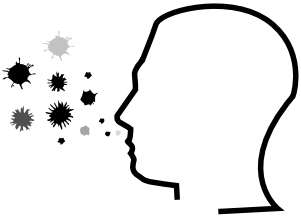
What else can I try?

Antihistamine : Once daily oral tablets

Antihistamine: Twice daily eye drops

Nasal/Sinus Rinses

Decongestant Nasal Sprays: (recommended for occasional use only; use of >3 days causes rebound symptoms)



Ask your pharmacist for specific recommendations!

Brought to you by this pharmacy and the National Community Pharmacists Association

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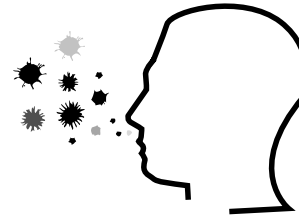
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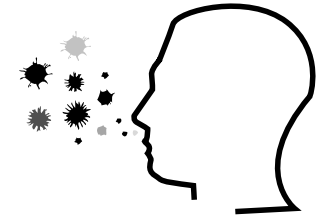
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