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