

# Seasonal Allergies



Seasonal allergies also commonly known as hay fever and allergic rhinitis are at an all time high this year. Due to the rain fall we've had thus far, many previously dormant flowers have bloomed. For millions of people this also means sneezing, congestion, runny noses, and other symptoms associated with seasonal allergies. Pollens that are spread by the wind are usually the main cause of seasonal allergies. Pollens are tiny, egg-shaped grains that are released from flowering plants, which are carried by the wind or insects

## Here is a couple of steps to help reduce your exposure to allergy triggers:

- Stay indoors on very dry and windy days. It is best to go outside after a good rainy day when pollen is clear from the air.
- Remove clothes that you have worn outside when you get home and shower to remove any pollen from your hair and skin.
- If you do laundry do not hang it outside because pollen can stick to sheets and towels, machine-dry.
- Avoid mowing the lawn and freshly cut grass

## What to do when pollen counts are high:

- Check your local TV and radio, even local newspaper for reports of high pollen levels.
- If there is a high pollen level reported take action before your symptoms begin by taking your medication beforehand, especially if your are planning on being outside that day.
- Make sure your doors and windows are properly shut when there is high pollen levels to avoid any pollen coming into your home.
- Avoid outdoor activities as much as possible in the early morning when pollen counts are the highest.

The following factors influence how bad your symptoms might be:

- When the days are windy and warm, pollen counts surge.
- On days with no wind, airborne allergens are grounded.
- Rain washes pollen away, but pollen counts can soar after the rainfall.
- Tree, ragweed, and grass pollens thrive during cool nights and warm days.
- Mold grows quickly in heat and high humidity.
- Pollen levels tend to peak in the morning hours.

Seasonal related triggers

- Smoke (campfires in the summer and fireplaces in the winter)
- Insect bites and stings (usually in the spring and summer)
- Pine trees and wreaths (Thanksgiving to Christmas)
- Trees that are known to cause severe allergies include oak, olive, elm, birch, ash, hickory, poplar, sycamore, maple, cypress, and walnut.

