Allergy Season

A mild winter and an early spring has been a welcome sign for most of us; but not if you suffer from allergies. This early spring on top of a mild winter has many of us reaching for the tissues! Sneezing, runny nose, itching, burning, redness and swelling of the eyes are just a few of the signs of seasonal allergies. If you experience these every year about the same time, it is a good bet that it is seasonal allergies. Many asthma sufferers are also experiencing coughing and chest tightness.

Although you can’t actually get rid of allergies, you can reduce symptoms by taking some simple steps. Try washing your hands and face more often, especially after you have been outside. Wash your hair before you go to bed. Pollen likes to settle on the hair. Avoid any triggers that make your symptoms worse. If your family pet makes symptoms worse, don’t let that cat or dog into your bedroom. Keep things clean. And, if cleaning makes your allergies worse, get someone else to do the dirty work! Vacuum floors and rugs. A lot of allergens find their way to the floor, and when you walk over them, you stir them up. Keep windows closed when pollen counts are high to keep the pollen out of the house.

If reducing exposure doesn’t seem to be working, talk to your health care provider about medication that may help with the symptoms. If you have been diagnosed with allergies, you have company. The National Institute for Health says that 50 million people are affected by allergies. Take heart, it is only seasonal!