

Allergy Relief for Seasonal Sufferers

Lifestyle interventions and medications to manage allergies

Find Out What's Causing Your Symptoms

Do not treat yourself without talking with your doctor first. Some over-the-counter drugs might not work for you. It's important to find the cause of your symptoms and make sure they are treated correctly and effectively. Ask your doctor about a test that can help identify what you might be allergic to.

Reduce Your Exposure to Allergens

Reducing your exposure to allergens can help prevent the sniffles, coughing, and sneezing associated with allergy season.

- Keep your house and car windows closed during the allergy season.
- Use air conditioning if needed.
- If possible, reduce or eliminate plants in your yard or home that cause you to react.
- If you have specific tasks related to something you are allergic to – such as mowing the lawn – swap chores with someone who isn't affected.
- If you've got yardwork to do, wear a dust mask to minimize your exposure to pollens and other airborne allergens.
- Weed control can also help to reduce symptoms.

Learn the Daily Pollen Count

Local newspapers and TV stations report daily pollen counts during allergy season. [The National Allergy Bureau](#) posts the daily pollen count online. On days when the counts are very high, it is better to be indoors as much as possible and wait for days with lower counts for outdoor activities.

Consider Medications

Medications often bring relief for seasonal allergy sufferers. But they can also cause additional symptoms such as dryness, coughing, drowsiness, decreased concentration, and even irregular heart rhythms.

Medications commonly used to treat seasonal allergies.

- **Antihistamines**
- **Decongestants**
- **Nasal steroids**

Talk with your doctor about the medications that are available for allergy symptoms. Learn about the benefits and the potential side effects. Medications to combat allergy symptoms can be an important part of a seasonal allergy sufferer's plan to reduce symptoms. But it's more important to reduce your exposure to allergy triggers.

Sources: [Wellspring](#)

Asthma and Allergy Foundation of America.

American Academy of Allergy, Asthma, and Immunology.

National Allergy Bureau.

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“Licking your paws is only the first step. After that, you need to use a good antibacterial body wash, then an exfoliating herbal facial scrub, followed by an avocado moisturizing cleanser.”

