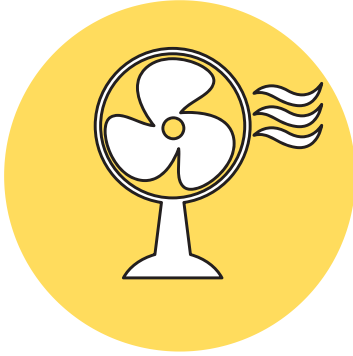


TIPS TO TAME ALLERGIES

Spring can be filled with the scent of a freshly mowed lawn, the beauty of bursting tree buds, and the fragrance of colorful flowers. However, all of those things come with itchy, watery eyes and relentless sneezing. Here are some ways to cope with allergy symptoms this spring.



COOL IT

When it's hot outside, use an air conditioner. Keep windows and doors shut as much as possible to limit the amount of pollen entering your home and car.



WAIT IT OUT

Wait to go outside in the afternoon or evening, since tree pollen is heaviest in the morning and dissipates as the day goes on.



WASH IT AWAY

Shower and wash your hair before bedtime to rid your hair of pollen that could end up on your pillow. Wash your clothing frequently.



TREAT IT

Use over-the-counter antihistamines, like Allegra, Claritin, or Zyrtec, to reduce sneezing, sniffing, and itching. Pair an antihistamine with a corticosteroid nasal spray, like Flonase or Nasacort, for a more effective treatment.



CLEAN

Vacuum twice a week, clean the air filters in your home, and wipe down dusty surfaces, such as bookshelves, nightstands, and kitchen counters.



IDENTIFY IT

Consult an allergist who can help you pin down specific triggers and manage your symptoms. In some cases, allergy shots or prescription medications may be the best option.

