

TIPS FOR ALLEVIATING SYMPTOMS DURING TREATMENT

For some patients, during the course of treatment, symptoms of seasonal allergies can occur while they are building allergic tolerance. To help get you through the allergy season, here are some tips and tricks to keep your symptoms under control during the high pollen allergen seasons.

Medications & Remedies



NASAL SPRAY & DECONGESTANTS

Ask your provider about nasal sprays and decongestants to help alleviate your stuffy nose. You can also try a saline nasal rinse, like a neti pot, to clear out the sinuses.



ANTIHISTIMINES

Antihistamine medications, such as Claritin and Alavert, can help with itchy, watery eyes and the sniffles. It may be a good idea to take these in the morning before you go outside.



SALT WATER

Gargling salt water can help to alleviate a dry, itchy throat. Try using 1/2 to 1/4 teaspoon of salt for every 8 ounces of warm water.

When Inside...



TAKE OFF SHOES

When you enter the house, take your shoes off to keep outdoor allergens from being spread throughout your home.



CLOSE WINDOWS

If you are able, try using the A/C instead. This helps to keep the pollens from coming inside and traveling throughout the home.



USE A DEHUMIDIFIER

If you suffer from mold allergy, using a dehumidifier will help to reduce mold growth in your home by removing moisture from the air.



USE HEPA FILTERS

Using HEPA filters in your vacuum and air filters will help to trap pollens that may be floating around in your home.

When Outside...



PROTECTIVE GEAR

If you are doing chores outside, wearing a mask and sunglasses can help to keep pollens out of your eyes and mouth.



AVOID DRY, WINDY DAYS & MORNINGS

This is when pollen levels are the highest. If you plan on exercising, wait until later in the day.



POLLEN COUNTS

Check your daily pollen counts if you're going to be outdoors. You may want to take medications to reduce symptoms.



WASH UP!

Washing your hands and face will help to clean any pollens you may have gathered outside. It may also be a good idea to wash your clothes as soon as possible after outdoor tasks and activities.

