



**April 2011**

**By Rachel Hudak**

Spring has sprung, and allergy season is upon us! Pollen levels are rising, as we see the flowers and trees blooming. The yellow dusting that covers all the outside surfaces tends to cause sneezing, cough, watery eyes, and scratchy throat.

There are some simple things that can be done to prevent some of these symptoms:

- Keep the windows in the home and car closed
- Use the air conditioning
- Shower or bathe each night before going to bed
- Wash sheets frequently
- Use antihistamines as directed by a physician
- Install allergen-reducing air filters
- Dust and vacuum frequently

If these measures don't seem to be working, and/or symptoms are worsening, be sure to contact us!