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# EYE

## Facts & Figures

### Allergy Relief For Eyes

(NAPSA)—Eye allergies affect more than 22 million Americans. The most common is called “seasonal allergic conjunctivitis,” also known as hay fever. According to the Better Vision Institute (BVI), symptoms include eyes which are swollen, itchy, red and watery.



**A few simple steps can help relieve eyes of allergy symptoms.**

To minimize the effect of eye allergies, the BVI recommends the following steps:

- See an eyecare professional if allergies irritate your eyes in any way, especially if this includes tearing, swelling and itching.
- If you wear contact lenses, have a pair of glasses ready, with a current prescription, in case of allergy attack. It's also important to keep contacts clean, as dirty lenses can aggravate allergic reactions.
- Use air conditioning to filter the air and regulate the humidity to ward off house dust, mites and mold.
- Don't rub your eyes. Rubbing can cause inflammation and may prolong allergic symptoms.

For more information, visit the Better Vision Institute Web site at [www.visionsite.org](http://www.visionsite.org).