



Tips To Reduce Sniffles This Allergy Season

(NAPSA)—Allergic rhinitis or “hay fever” is a serious disease—and nothing to sneeze at. Almost 36 million people in the United States have seasonal allergic rhinitis.

Warmer weather means a seasonal allergy alert, with increased levels of various allergens that can trigger seasonal allergies.

The underlying cause of allergic rhinitis or “hay fever” is inflammation of the nasal passages and upper airways. Common symptoms are congestion, sneezing and runny nose. If left untreated, allergic rhinitis can lead to more serious problems such as sleep disorders, fatigue and learning problems.

While some may be tempted to self-treat by taking an over-the-counter antihistamine pill as a “quick fix,” it’s important to see your doctor about other treatment options such as nasal steroids, considered to be the most effective drug for controlling the underlying inflammation that causes allergic rhinitis symptoms. Nasal steroid sprays are available by prescription and are covered by most insurance plans.

Here are some easy things you can do to help manage seasonal allergies for you and your family during the warmer months:

Allergy Alert Tips

1.) Stay indoors early in the morning and on sunny, breezy days, when the pollen levels are highest.

2.) Keep windows shut at home and in the car, and run the air conditioner.

3.) Avoid outdoor tasks, like mowing the lawn, that can stir up pollens.



Warmer weather can mean more allergens in your life.

4.) Wash your hair and change your clothing at night because pollen clings to hair and clothing and can wind up on your pillow and sheets.

5.) Clean and service air conditioning units to remove pollen and other trapped allergens.

6.) Keep an eye on your family’s allergy signs and symptoms; many people assume that they just have a cold and ignore the warning signs that can help them reduce their allergies.

7.) For children with dust allergies, avoid stuffed toys; use only washable toys of wood, rubber, metal or plastic.

8.) Be prepared—Before allergy season begins, see your doctor for the most appropriate therapy, such as a nasal steroid spray, so that your treatment plan is ready for the beginning of pollen season.

For more information on managing seasonal allergies and to get a free educational nasal allergy kit, call 1-888-722-7721 or visit www.allergy-infocenter.com.