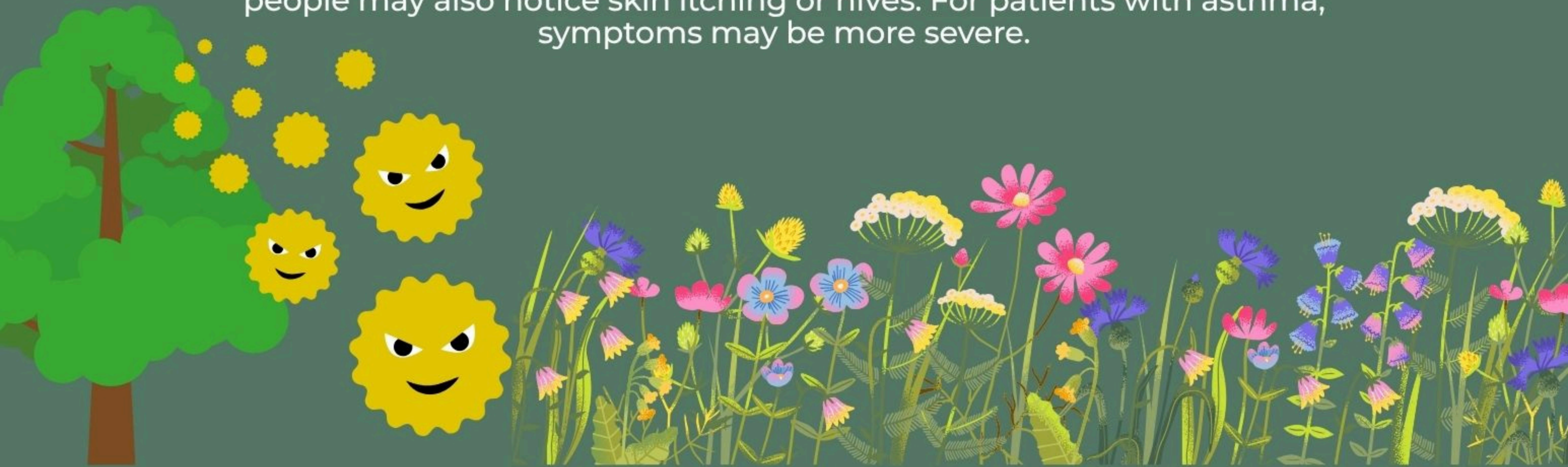




Allergy Season Survival Guide

What Are Seasonal Allergies?

Seasonal allergies happen when your body reacts to pollen from trees, grasses, or weeds. Common symptoms include sneezing, runny or stuffy nose, itchy eyes, throat irritation, and postnasal drip. Some people may also notice skin itching or hives. For patients with asthma, symptoms may be more severe.



Avoiding Allergy Triggers

Simple habits can help reduce exposure and improve symptoms:

- Keep windows closed and use air conditioning when possible.
- Shower and change clothes after being outdoors.
- Wash bedding often and keep pets off your bed if they go outside.
- Rinse your nose with saline using distilled or sterilized water.
- Replace air filters regularly and consider using an air purifier.



Treatment Options

Many people find relief with over-the-counter treatments.

Antihistamine pills such as Claritin, Zyrtec, Xyzal, or Allegra can help with sneezing, itching, and runny nose. These can be taken daily during allergy season. Older medications like Benadryl may cause drowsiness.

Nasal sprays are often the most effective option for congestion and daily symptoms. Options like Flonase, Nasacort, Rhinocort, and Nasonex work best when used every day and may take a few days to reach full effect.

Antihistamine nasal sprays such as Astepro can provide faster relief and may be used alone or with steroid sprays.

Eye drops, including Pataday or artificial tears, can help relieve itchy or watery eyes.



Mild symptoms can often be managed with an antihistamine.

More frequent or severe symptoms usually respond better to a daily nasal spray.

Eye symptoms may improve with eye drops or nasal treatment.



When to Check In With Your Care Team

If your symptoms are not improving, are affecting your sleep or daily life, or occur year-round, it may be time to talk with your provider about additional options. If you have asthma, allergies can sometimes make breathing symptoms worse, including coughing, wheezing, or shortness of breath, and you should reach out if these symptoms increase. Follow medication directions carefully and check with your provider if you are pregnant or taking other medications, and avoid using decongestant sprays like Afrin for more than 3 days as they can worsen congestion over time. If you are having trouble breathing, call 911 right away.

