

seasonal allergies

We all love the first signs of Spring – the warm air, the chirping birds... but it can also mean unwanted seasonal allergies. Below are the signs & symptoms of seasonal allergies, as well as a few tricks to help prevent and treat allergies caused from triggers such as tree pollen, grass or ragweed.

Signs & Symptoms:

- Sneezing
- Runny nose
- Watering eyes

DID YOU KNOW?

Although no large-scale clinical study has produced consistent results, it is believed that consuming locally-produced honey is a way to treat allergy symptoms. Local honey is thought to contain the same allergens you would normally be exposed to, thereby helping to desensitize the allergy-sufferer.

Prevention:

- Stay inside when your local pollen count is high
- Air conditioning can help (as long as your furnace's air filter is clean)
- Use a dehumidifier to keep the air in your home dry
- Use a vacuum with a high-efficiency particulate air (HEPA) filter
- Don't hang your clothes outside to dry

Treatment:

- Antihistamine pills (does not typically require a prescription)
- For more severe symptoms, consider nasal sprays or eye drops (typically requires a prescription)
- Plenty of rest for your immune system to recover

TIP: By wearing sunglasses outside, you will not only reduce your sensitivity to light, but you will also help prevent your sensitive eyes from watering.

NOTE: A quick reference guide is not a replacement for first aid and CPR training – get trained today and save a life.

