

# Asthma Management: The Pollen Allergen

Now, a health minute.

For many people, pollen is an allergen that triggers asthma symptoms.

Pollen is released into the air several times a year by certain trees, flowers, and grasses.

The best way to limit your exposure to pollen is to avoid being outdoors during the peak pollen seasons.

If you have to go outside during pollen season wear a mask.

And be sure to shower and shampoo after coming inside.

Use a clothes dryer to dry your clothes. Do not use an outdoor clothesline.

To prevent pollen particles from entering your home, keep the windows closed and use an air conditioner. Change your air conditioner filter regularly.

Also, talk to your healthcare provider about taking allergy medications.

There are prescriptions and over-the-counter medicines available that might help reduce your allergy symptoms, even during prime pollen season.