

Managing Seasonal Allergies

Being outside is supposed to be good for you, right?

But when it makes you itch, sneeze, or cough, it doesn't feel so good.

Seasonal allergies can happen during any season.

They're unpleasant, but really common.

And they're not contagious.

They're caused by pollen ...

a powder made by trees, grasses, and weeds that gets blown about everywhere ...

and creates more trees, grasses, and weeds.

It's not possible to rid the world of pollen.

So ... what can you do to live more peacefully with pollen?

Well, one of the best things to do is watch the pollen counts and stay indoors when they're highest, which is often in the afternoon.

And keep the windows in your home and car closed.

And, if possible, use air-conditioning instead of fans to cool your home.

Some people also find a quick rinse of their nose with salt water works well.

But that can take a little getting used to.

And do your best to avoid mowing the lawn.

If you can't find someone else to do the job ...

you might want to adopt a beekeeper look, and put on a mask and as much clothing as you can handle.

After spending time outside, it can help to take a shower, change your clothes, and even rinse your eyes with water or saline drops.

There are also a lot of medicines you can try, depending on your symptoms.

One of the best kinds are steroid nasal sprays ...

which are different than just regular nasal sprays.

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Regular sprays can actually be harmful and addictive.

A pharmacist can help you choose the right kind.

Steroid nasal sprays are very safe and work directly to reduce swelling and inflammation in your nose.

They can take a few days to start working, but once they do, they work really well ...

as long as you keep taking them.

If you have red, itchy, watery eyes, you might find some relief if you use allergy eyedrops.

They're different--and much better-- than drops for red eyes.

And then there are antihistamines ...

pills that can help with sneezing, a runny nose, and itchy, watery eyes.

Some may make you drowsy, and some won't.

Be sure to get the kind that makes sense for the time of day when you plan to take them.

Lastly, there are oral decongestants.

These pills can help with nasal symptoms, but many people are able to get relief with other medicines.

You may want to start with one type of medicine and see how well it works, and then see about combining medicines ...

And chat with your doctor about how you're doing and if you might benefit from prescription medicines or allergy shots.

Managing allergies can make you feel a lot better.

It can also help you avoid getting sinus infections or developing asthma.

It may take a little time to see what works best.

But most people are able to find some relief during seasons when pollen is everywhere.

And that's ... well, nothing to sneeze at.