

HEALTH TIPS FROM THE NURSE



Seasonal Allergies



Many people each year are affected by seasonal allergies. These airborne allergies are caused by outdoor allergens such as pollen and mold spores. Below are some simple tips to help you cope with allergy season.

- Keep your windows closed at night to prevent mold and pollen from blowing in.
- Avoid early morning outdoor exercise during the hours of 5:00AM and 10:00AM. Pollen counts are usually highest during these times.
- Stay inside during high humidity and/or windy days.
- Avoid raking leaves. Doing so increases pollens in the air.
- Avoid mowing the lawn as it kicks up pollen and mold spores.
- For damp air in your home try using a dehumidifier to eliminate extra moisture in the air. Moisture encourages mold growth.
- If your eyes become itchy, do not rub them. Wash your hands and place a cold damp washcloth on your eyes to reduce swelling and/or irritation.