

Allergy & Asthma season is coming



Spring is one of the worst times of year for outdoor allergies. As the trees start to bloom and the pollen gets airborne, allergy sufferers begin their annual ritual of sniffing and sneezing. Monitor all symptoms closely and follow your health care provider's advice. If your child has asthma, it is extremely important to keep an inhaler at school.



Let's talk about symptoms:

Runny nose

When pollen or other allergens irritate your nose, it may produce more mucus than normal to get rid of the allergen, causing your nose to run.

Sneezing

Inhaling pollen or other allergens can irritate your nose and trigger a release of histamine, causing you to sneeze.



Itchy, watery eyes

Pollen entering the eyes often causes them to become itchy and/or watery. It is important to be vigilant when cleaning contact lenses, as pollen and other irritants can stick. Flushing the eyes with eye drops can also help reduce symptoms.

Congestion

Congestion is the result of allergens or other foreign materials entering the nose. When irritated, nasal tissues and blood vessels swell with excess fluid, leaving you with a "stuffy" feeling.

How to minimize seasonal allergy:

1. Keep windows closed to keep pollen from blowing in.
2. Monitor the forecasts for your local area, and take advantage of the best times to be outside.

3. Wear an allergy-free mask while participating in outdoor activities. If possible, avoid outdoor activities in the morning, when pollen count is highest.



4. Wash your hands as often as possible with a mild soap and water, especially after being outdoors. This will help to remove any allergens, including dirt or germs that are lurking on your hands.
5. Refrain from touching your eyes, ears, or mouth when working or playing outside. These particular areas are sensitive to transmitting the allergens that set symptoms aflame, and you can minimize effects by avoiding contact with them.
6. Leave shoes and socks that were worn outside in your garage or on your porch. Do not bring them inside, as they are likely carrying allergens that will ignite your symptoms.
7. Take a shower, and wash your skin after spending time outdoors.
8. Clean your house frequently, including dusting and vacuuming.
9. Wash your bedding at least once a week to prevent dust mites from thriving in your bed linens.
10. Flush your nose out with a saline mist or saltwater rinse several times a day. This can help rinse out irritants that trigger allergic reactions.



We can protect and strengthen our own immunity by eating nutritious foods, taking daily walks, sleeping 8 –10 hours a night, reducing stress, and smiling daily :)