



Tips for Allergy Season

Community Pediatric Asthma Service

Our Certified Asthma Educators have gathered excellent tips to help reduce your allergy symptoms (repeated sneezing, congestion, runny nose, itchiness in the nose, roof of mouth, throat, eyes and ears) during allergy season.

- ✚ Take/increase your asthma medicine as prescribed by your doctor or shown on your asthma management plan if your asthma symptoms worsen during allergy season.
- ✚ Postpone outdoor activities until later in the morning. Pollens are usually emitted between the hours from 5 – 10 am
- ✚ Keep your home and car windows closed. Use air conditioning if you have it, but remember to clean air filters regularly.
- ✚ Stay indoors on hot, dry, windy days if you are suffering from hay fever.
- ✚ Don't hang your laundry or sheets out to dry. Allergens will collect on them.
- ✚ Have someone else mow your lawn or rake your leaves since these activities stir up pollens. Keep your lawn cut to discourage grass from pollinating i.e., going to seed.
- ✚ Take a shower at the end of the day when pollen counts are high to keep the pollen off your pillows and sheets.
- ✚ Consult your doctor about prescription nasal corticosteroid sprays and over the counter allergy medicines (antihistamines) which may improve your allergy symptoms during peak periods.

