

MANAGE YOUR ALLERGIES:

KEYS TO HELP YOU FEEL BETTER

- Understand your allergy symptoms.
- Recognize your allergy symptoms.
- Use your allergy medicine.



Antihistamines

- Block histamine, which is the main chemical that causes sneezing, runny nose, itchy, watery eyes, and itchy nose and throat.
- Available over-the-counter as oral tablets as well as eye drops.



Decongestants

- Shrink blood vessels that are swollen due to allergies and help relieve stuffy nose, and sinus congestion and pressure.
- Available as oral tablets and nasal sprays.
- Also available as oral tablets in combination with antihistamines.



Nasal Allergy Symptom Relievers (glucocorticoids)

- Reduce inflammation caused by histamine and many other chemicals released in response to allergy triggers.
- These chemicals cause nasal congestion and other nasal allergy symptoms such as sneezing, runny nose and itchy nose.
- Provides maximum symptom relief when taken regularly.
- Available as nasal sprays.



Other

- Nasal saline and lubricant eye drops.
- For other treatments like allergy shots or leukotriene blockers, talk to your allergist.

Some medicines are available over-the-counter and others need a prescription. Be sure to read the labels and use these products only as directed.

POLLEN: MONTH-BY-MONTH

	LOW HIGH	TREES	GRASS	WEEDS
	POLLEN LEVEL			
JANUARY. Cedar is high in the South but otherwise pollen is low across the U.S.				
FEBRUARY. Tree pollen, like alder and maple, is starting to creep up everywhere.				
MARCH. Tree pollen is dominant but weeds and grass could start if Spring comes early.				
APRIL. This is the height of tree pollen like pine, mulberry and willow.				
MAY. It's a double whammy month with trees and grass being high everywhere.				
JUNE. This is the height of grass pollen like bermuda, rye and oat.				
JULY. Just as we get some relief from tree pollen, weed pollen starts in earnest.				
AUGUST. Weeds like pigweed, ragweed and nettle are in full effect.				
SEPTEMBER. The height of weed pollen—with pollen grains that spread easily in the wind.				
OCTOBER. Weeds are still high in the South and West but otherwise the air is pretty clear.				
NOVEMBER. It's a good month for outdoor allergies and ragweed is finally ending.				
DECEMBER. Outdoor allergens are at a low except that pesky Cedar Fever in the South.				

