

# SPRING ALLERGIES

We're almost close to spring now. So this is the right time to think about the seasonal allergies and how we can take care of ourselves to manage these allergies.

Before we talk about the symptoms, we should know what does cause the allergy.

When you breathe, the allergens in the air get into your nose and lungs. This triggers an allergic reaction in your body. The most common stuff that causes allergy to some people are the pollens. Pollens are released in to the air from the blooming trees, grass and weeds in the spring. There are other things like, dust , mite and other allergens in the air too could cause allergy during the warmer months.

Let's see what the Allergy symptoms that people experience are,

- Itchy or watery eyes
- Runny nose,
- Nasal congestion
- Non- stop sneezing
- Cough
- Swollen, bluish-coloured beneath the eyes.
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Now let's talk about some tips, that can help us to protect from allergens and manage the symptoms;

If you already know that you are allergic to pollen or any other allergens during this season, consult your doctor and take allergy medication before season starts.

Other things that could help

- Try to avoid going out on a windy day and in the morning.
- When you go out, wear eye glasses or sunglasses to protect your eyes from pollen contact.
- When you come home from outside, always take a shower, wash your hair and change your clothing.