

# Managing Allergies in Spring

## Medical

Spring means flower buds and blooming trees if you're one of the millions of people who have seasonal allergies, which means sneezing, congestion, a runny nose symptom. When plants grow and bloom in the spring, they also produce pollen. Pollen can cause allergy symptoms. Plants release tiny pollens grains that fertilize other plants of same species. Pollen from trees, weeds and grasses are light enough to travel by wind and cause the most problems.

If you are allergic to a type of pollen, you might have what most people call “Hay fever” or “Seasonal allergic rhinitis”.

**Seasonal allergy signs and symptoms can flare up when there's a lot of pollen in the air. These steps can help you reduce your exposure:**

- Check your local TV or radio station, your local newspaper, or the internet for pollen forecasts and current pollen levels.
- If high pollen counts are forecasted, start taking allergy medications before your symptoms start.
- Close doors and windows at night if possible or any other time when pollen counts are high.
- Avoid outdoor activity in the early morning when pollen counts are highest.

**To reduce your exposure to the things that trigger your allergy signs and symptoms (allergens):**

- Stay indoors on dry, windy days. The best time to go outside is after a good rain, which helps clear pollen from the air.
- Avoid lawn mowing, weed pulling and other gardening chores that stir up allergens.
- Remove clothes you've worn outside and shower to rinse pollen from your skin and hair.
- Don't hang laundry outside — pollen can stick to sheets and towels.
- Wear a face mask if you do outside chores.

To book an appointment call



**1300 234 263** (select option 1)

**[or book online here](#)**

