

Surviving Spring Allergies

Use these tips to manage spring allergy symptoms.

Cool Wisely



Use an air conditioner



Do not use window or attic fans



Avoid humidifiers and swamp coolers (possible molds)

Clean Up



Use a saline nasal wash



Change clothes and wash or shower away pollen

Know Triggers



Use a scarf or mask on windy days



Weeds – late summer



Trees – early spring



Grasses – late spring, early summer



Molds – mid summer in warmer states, year-round in southern/western states

Garden Carefully



Avoid exposure to fertilizers and pesticides



Stay away from piles of leaves and branches (possible molds)



Do not mow the lawn (have someone mow it for you)



Keep home doors and windows, and car windows closed during pollen season (especially when pollen counts are high)

Take Medication



Consistently take doctor-recommended medicines and treatments



Stay inside during afternoons and evenings when pollen levels are highest



You can live an active life with allergies. Call your doctor for help identifying your allergies or managing your symptoms.

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