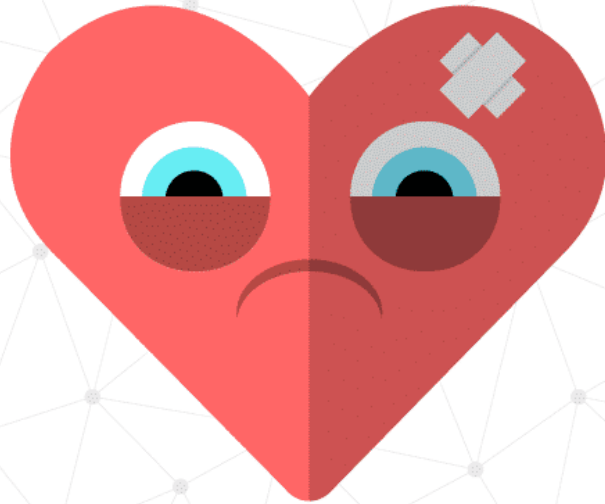


# ALLERGY SEASON



## BRAVING THE GREAT OUTDOORS

Don't lock yourself indoors this spring. We want to share four tips for fighting back against your seasonal allergies



### POLLEN COUNT COUNTS

The higher the number, the more severe your seasonal allergies can be

**TIP:** On high pollen count days limit outdoor activities



### THE EARLY BIRD SUFFERS MORE SEVERE ALLERGIES

Pollen & mold levels are typically higher from **5 to 10 a.m.**

**TIP:** Wait to exercise or work outside until mid to late afternoon



### APRIL SHOWERS BRING CLEARER AIR

Pollen levels are highest when it is warm, dry and windy

**TIP:** If you react to pollen, the best time to head outdoors is just after a rain shower



### DRESS ACCORDINGLY

Synthetic fabrics attract pollen & the less breathable fabric is ideal for mold

**TIP:** Wear natural, breathable fibers like cotton during allergy season

**SURVIVAL MASTERY**  
SOURCE: SURVIVAL-MASTERY.COM

Parents!!!! It's allergy season. Please be sure to medicate your child in the morning if they take medication for allergies. If your child has not been diagnosed with allergies but you noticed that their eyes are red, itchy, swollen, they are sneezing, and/or complaining of a sore throat, these can be symptoms of an allergy. Please contact your child's primary care physician and they can advise of what medication would be best for your child.

Nurse Ruth Montague

Thank you