



Seasonal Allergies

Health Information

March 2024



I don't know about you but I am definitely ready for warmer weather and beautiful colors outside. Spring will be officially here on the 19th. But sometimes spring will cause people to have allergies because of the pollen and certain types of plants/trees/bushes.

What is Seasonal Allergies? These are allergies that happen during certain times of the year. Allergies develop when the body's immune systems overreacts to something in the environment.

Signs and symptoms of allergies may include:

- Runny nose and eyes
- Sneezing
- Coughing
- Nasal congestion
- Eyes can be itchy, irritated, red or watery
- Fatigue

Most common seasonal allergens:

- Tree pollen-March/April
- Grass pollen-June/July
- Ragweed-Fall
- Mold-Fall



What are some ways to reduce your exposure to allergy triggers?

- Stay indoors on dry and windy days
- Avoid mowing the lawn, pulling weeds and other gardening chores that can stir up allergens
- When coming inside remove your clothes you were wearing and take a shower to rinse the pollens off
- Even if you like to hang laundry outside it is not a good idea because pollen can stick to the clothing.
- You can wear a face mask to help reduce the amount of pollen you inhale.

Did you know that you can check pollen counts for the day before going outside and starting your day? You can! You can watch the local TV channel or listen to the local radio station. Or you can even look it up on the internet. I know you can't always believe what is on the internet but this is something you can believe.

Keep your indoor air clean!

- Use air conditioning in your house and car.
- If you have forced air heating or air conditioning in the house, use the high-efficiency filters and follow regular maintenance schedules.
- Use a dehumidifier to keep air dry
- Clean floors OFTEN with a vacuum cleaner that has a HEPA filter.

There is several over-the-counter medications for allergies but please check with your doctor if you have other health conditions to make sure the medication is a good fit for you!

When these remedies are not enough please don't give up. Talk with your healthcare provider! They can order blood tests or a skin test to find out exactly what allergens trigger your symptoms. If your doctor orders these tests and finds out what allergens caused your symptoms they can help you prepare a plan to help you feel better.

Thank you very much for your time and please reach out if you have any questions or concerns. My information came from the Mayo clinic and the American College of Allergies, Asthma, and Immunology.

Blessings,
Danielle





God's Boxes



I have in my hands two boxes, which God gave me to hold. He said, "Put all your sorrows in the black box, and all your joys into the gold."

I heeded His words, and in the two boxes both my joys and sorrows I stored, but though the gold became heavier each day, the black was as light as before.

With curiosity, I opened the black. I wanted to find out why, and I saw, in the base of the box, a hole which my sorrows had fallen out by.

I showed the hole to God and mused, "I wonder where my sorrows could be?" He smiled a gentle smile and said, "My child they're here with me."

I asked God why He gave me the boxes, why the gold and black with the hole? "My child, the gold is for you to count your blessings. The black is for you to let go."

Author-Unknown