



# SPRING ALLERGIES ARE HERE!

## WHY DO WE GET ALLERGIES?

Allergy symptoms occur when the body's immune system becomes sensitized and overreacts to something (such as pollen, trees, dust mites, mold, food, etc) in the environment.

## Try avoiding your allergy triggers!

- Limit outdoor activities during days with high pollen counts.
- Keep windows closed (at home or in the car) to keep pollen out.
- Take a shower after coming indoors. Pollen in your hair may bother you all night!
- Don't sit on your bed until you've changed clothes after being outdoors.

## Do you have these allergy symptoms?

- Itching in the nose, roof of the mouth, throat, eyes
- Sneezing
- Stuffy nose (congestion)
- Runny nose
- Tearing eyes
- Dark circles under the eyes



## Try an over-the-counter remedy:

- Antihistamines\*: loratadine, cetirizine, fexofenadine
- Decongestants: phenylephrine, pseudoephedrine
- Nasal sprays\*: fluticasone, triamcinolone acetonide
- Eye drops: ketotifen, artificial tear

*\*Both antihistamines and nasal sprays work better if started before symptoms develop.*

## UPCOMING EVENTS

UMW Earth Week 2019!  
 Monday, April 22: Meatless Monday  
 Tuesday, April 23: UMW Earth Day Celebration, Ball Circle, 2-4pm  
 Tuesday, April 23: Documentary, HCC, 5:30pm  
 Stay tuned for additional Earth Week events!

## DID YOU KNOW?

Allergies are a major cause of illness in the United States. About 1 in 5 have allergies!

