ASHLAND ENT, ALLERGY & HEARING AID CENTER

10 Tips to Ease Your Spring Allergy Symptoms

With the peak of the spring allergy season fast approaching, be sure to keep your tissue boxes close by. The budding trees and blooming flowers associated with the early return of spring mark an increase in itchy, watery eyes, sneezing and other allergy symptoms. Across the country, allergists say they're seeing early signs that this could be a bad season for allergies. Experts say they're seeing the highest pollen counts they've seen in a decade. The Culprit: a mild, wet winter, and early spring and unusually warm days.

The American Academy of Otolaryngic Allergy (AAOA) offers the following tips to help allergy sufferers find some relief during the peak allergy season.

- Do a thorough spring cleaning – windows, book shelves and air conditioning vents collect dust and mold throughout the winter that can provoke allergy symptoms.
- Minimize outdoor activity when pollen counts are high. Peak pollen times are usually 10:00am and 4pm.
- Take medications at least 30 minutes prior to outdoor activity.
- Shut windows in your house on days pollen counts are high. Avoid using windows or fans that may draw pollen inside.
- Wash bedding weekly in hot water.
- Shower and wash your hair before bed – pollen can collect on your hair and skin.
- Keep pets off of furniture and out of the bedroom. Pollen can cling to the dog or cat after being outside.
- Keep car windows closed during peak season. Use air conditioning.
- When mowing the lawn or gardening, wear a filter mask.

Pollen Count Prediction

Weather Condition	Pollen Counts	Comments
Mild Winter	Increase	A mild winter can cause trees to pollinate earlier and could bring an early start to the allergy season. Mild and warm weather that continues in the spring also can increase pollen counts.
Late Freeze	Decrease	A late season freeze following a mild winter can inhibit, and possibly eliminate, a tree's pollen production.
Rain	Decrease and Increase	Rain can provide some initial relief by reducing tree pollen counts, but is also can spur the growth of grass later in the spring and in early summer, producing more pollen. Rain in the preceding fall or winter may increase tree pollen amounts the following spring.
Wind	Increase	Windy weather increases pollen counts as pollens are spread throughout the air increasing exposure.