Spring allergies are caused by tree and grass pollens.

### How to prevent and manage spring allergy symptoms:

- **Use a scarf or mask on windy days.**
- **Stay inside when pollen levels are high.**
- **Keep car and home windows closed.**
- **Wash your hands and body after being outside.**
- **Use a saline nasal wash.**
- **Change clothes after being outside.**
- **Use a central air conditioner.**
- **Take allergy medication before you have allergy symptoms.**
- **Take doctor-recommended medicines & treatments consistently.**
- **Get help with your yardwork.**

**Best Cities for Spring Allergies**


**Worst Cities for Spring Allergies**


This list is based on pollen counts, medication use and number of allergists.

Source: The Asthma and Allergy Foundation of America 2020

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