You can live an active life with allergies. Call your doctor for help identifying your allergies or managing your symptoms.

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Surviving Spring Allergies
Use these tips to manage spring allergy symptoms.

Cool Wisely
- Use an air conditioner
- Use a scarf or mask on windy days
- Avoid exposure to fertilizers and pesticides

Clean Up
- Do not use window or attic fans
- Avoid humidifiers and swamp coolers (possible molds)
- Change clothes and wash or shower away pollen
- Use a saline nasal wash

Know Triggers
- Trees – early spring
- Grasses – late spring, early summer
- Weeds – late summer
- Molds – mid summer in warmer states, year-round in southern/western states
- Piles of leaves and branches (possible molds)

Garden Carefully
- Stay away from piles of leaves and branches (possible molds)
- Do not mow the lawn (have someone mow it for you)

Count Pollens
- Keep home doors and windows, and car windows closed during pollen season (especially when pollen counts are high)
- Stay inside during afternoons and evenings when pollen levels are highest

Take Medication
- Consistently take doctor-recommended medicines and treatments
- Use a saline nasal wash
- Use an air conditioner

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