



Suffering from allergies? Try these tips.

Reduce the effects of irritating allergens

The weather is getting warmer, and flowers and trees are blooming everywhere. That can only mean one thing... Spring is finally here! However, accompanying the beauty of Spring is a lengthy allergy season as well as an increase in dangerous asthma flare-ups. But, there are steps you can take to reduce the effects of irritating allergens. In honor of National Asthma and Allergy Awareness Month, Health Advocate offers the following tips to help reduce your exposure to allergens.



Turn to us—we can help.



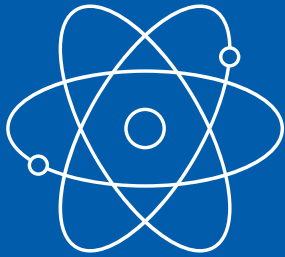
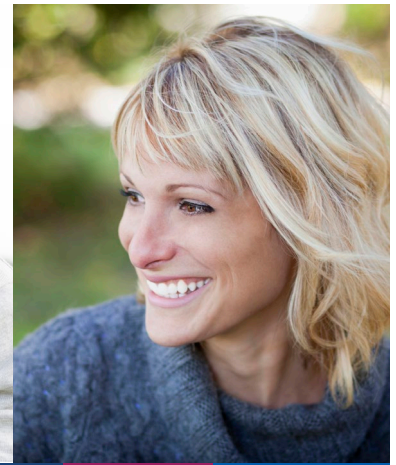
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Breathe easy.

- **Check the pollen count.** Go to www.pollen.com/allergy-weather-forecast.asp to see the local and national allergy forecast.
- **Shut the windows.** On days when the pollen count is high, plan to stay inside and keep the windows closed.
- **De-pollen yourself.** If you've been outside, change your clothes or take a shower when you arrive home—this can help remove any pollen that may have fallen or blown onto you.
- **Drive sneeze-free.** Replacing the car's cabin air filters can help you reduce the amount of dust and other allergens that come in through the vents.
- **Dust often.** Dust mites are the most common trigger of asthma and allergy symptoms inside the home. Wear a mask and use a damp cloth to avoid scattering allergen particles into the air.
- **Vacuum frequently.** Vacuuming in areas that accumulate dust, such as carpeting and around, under and behind furniture, can help control allergens in your home.
- **Wash thoroughly.** Wash your bedding in hot water at least once a week and dry them in a hot dryer to kill the dust mites.
- **Keep your pet out of the bed.** If you're allergic to pet dander or pet hair, don't let your furry friend sleep in your bed. Also, washing your pet often will reduce pet hair and pet dander around the house.
- **Talk to your doctor.** Ask your primary care physician or your allergist if an allergy or asthma remedy would be right for you: inhalers, antihistamines, decongestants, saline nasal sprays, eye drops and/or allergy shots.

Have questions?

If you have more questions about how to manage your allergies, make sure to talk to your primary care physician or your allergist. If you don't currently have a doctor lined up, call Health Advocate who can help you locate an in-network, accredited physician in your area.

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