



Seasonal Allergies: Nip Them In The Bud

- **Shower and wash your hair before bed because pollen can collect on your hair and skin.**
- **Remove clothes you've worn outside and have them washed**
- **Keep your house and car windows closed during peak season**
- **Minimize outdoor activity when pollen counts are high.** Peak pollen times are usually between 10AM and 4 PM
- **Wash bedding weekly in hot water**
- **Consult your physician if symptoms persist**