

## BY THE NUMBERS

**80+ million**

Americans are diagnosed with allergies.



**3.6 work days**

Are missed each year due to allergies.



*Source: Allergy Asthma Network.*



## WHAT'S THE FORECAST?

When it comes to allergies, you may be able to know the allergy forecast from your local meteorologist. An allergy forecast estimates the levels of allergens which spikes during spring, summer, and fall.

## FOCUS

### Spring Allergies

Spring brings fresh blooms, and for many, allergy season. Common triggers like pollen or dust can lead to sneezing, itchy eyes, and even asthma flare-ups. Understanding your triggers and managing them can help you breathe easier and feel better.

This month, let's keep the focus on enjoying spring and keep the pollen from winning.



## DETAIL

### Let's keep the sneezes down

By Isaac A. Cruz, Sr. Population Health & Wellbeing Consultant

Spring allergies or hay fever is triggered by pollen from trees, grasses, and weeds. When these small particles or allergens enter the body, the immune system may overreact and release a chemical called histamine. This causes the sneezing, congestion, itchy eyes and a runny nose. For some individuals, allergies can also worsen asthma symptoms. There are a few habits that you can adopt to help reduce exposure and keep the sneezes to a minimum:

- **Limit outdoor activities:** Pollen count are at the highest in the mornings.
- **Indoor air purifiers:** Will remove airborne mold spores and and filter pollen.
- **Over-the-counter medications:** From nasal sprays to antihistamines, these medications will provide relief. If symptoms persist, reach out to your doctor.
- **Clean up:** Shower and change clothes after being outdoors and if you have pets, you may want to wipe your pet's paws before they enter the house.