

Fast Facts

Hay Fever

- Also called allergic rhinitis
- An allergic response to allergens
- When your body is exposed to the allergen, it causes your immune system to produce antibodies that result in the release of histamine into your bloodstream, which leads to the symptoms
- Symptoms usually start immediately after exposure and last as long as you're exposed
- Certain things can trigger it at specific times of the year
- Tree pollen is high in early spring, whereas grass pollen is common in late spring/summer, and ragweed pollen occurs in the fall
- Individuals who are sensitive to dust mites or pet dander may notice an increase in symptoms during winter when they spend more time inside

<i>Symptoms</i>	<i>Treatment</i>	<i>Prevention</i>
<ul style="list-style-type: none"> -Runny nose -Nasal congestion -Watery/itchy/red eyes -Sneezing -Coughing -Itchy nose/mouth/throat -Postnasal drip -Swollen/blue-colored skin under the eyes -Fatigue 	<ul style="list-style-type: none"> -Avoid trigger <i>Pollen/Mold:</i> <ul style="list-style-type: none"> -Close doors/windows during pollen season -Don't hang laundry outside -Use air conditioning in your house/car -Use an allergy-grade filter in your home ventilation system (change it regularly) -Avoid outdoor activity in the early morning (pollen counts are highest) -Stay indoors on dry/windy days -Use a dehumidifier to reduce indoor humidity -Use a high-efficiency particulate air (HEPA) filter in your bedroom and other rooms where you spend a lot of time -Avoid mowing the lawn/raking leaves, -Wear a dust mask when cleaning your house/gardening <i>Dust Mites:</i> <ul style="list-style-type: none"> -Use allergy-proof covers on mattresses/box springs/pillows -Wash sheets/blankets in water heated to at least 130°F -Use a dehumidifier/air conditioner to reduce indoor humidity -Vacuum carpets weekly with a vacuum cleaner equipped with a small-particle or HEPA filter 	<ul style="list-style-type: none"> -No way to prevent -Goal is to lessen symptoms by reducing your exposure to the allergens that cause them -Take allergy medicine before you start experiencing symptoms

	<ul style="list-style-type: none">-Spray insecticide designed to kill dust mites and approved for indoor use on carpets/furniture/bedding-Consider removing carpeting (if you're highly sensitive to dust mites) <p><i>Cockroaches:</i></p> <ul style="list-style-type: none">-Block cracks/crevices where roaches can enter-Fix leaky faucets/pipes-Wash dishes and empty garbage daily-Sweep food crumbs from counters/floors-Store food (including pet food) in sealed containers-Consider professional pest extermination <p><i>Pet Dander:</i></p> <ul style="list-style-type: none">-Keep pets out of your home, if possible-Keep pets out of your bedroom and off furniture-Bathe dogs twice a week (the benefit of bathing cats hasn't been proved)	
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