Managing Fall Allergies

- Stay indoors with doors and windows closed when pollen is at its peak, (between 10am-3pm).
- Before turning the heat on for the first time, have your heating ducts cleaned.
- Use a High Efficiency Particulate Air (HEPA) filter in your heating system to remove pollen, mold, and other particles from the air. (These filters should be changed every 6-12 months)
- Wear a mask when raking leaves to avoid inhaling mold spores.

How are Fall Allergies Treated?
- Prescription medications—mainly in the form of nasal sprays
- Decongestants—clears passage ways and relieves congestion and swelling
- Allergy shots
- Over-the-counter allergy medicines

Edison Department of Health & Human Services