

# 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**

