



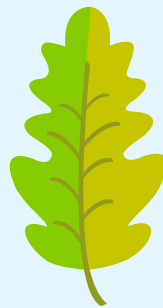
Spring Allergies

You get seasonal allergies when your immune system overreacts to substances like tree, grass and other pollen. This reaction can give you symptoms like a runny nose, a scratchy throat, sneezing, itchy or watery eyes, or sinus pain.

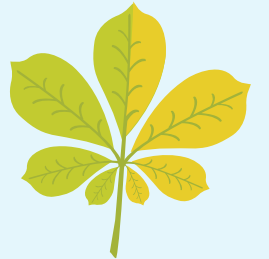
Airborn Pollen

In the spring, allergies are usually triggered by tree pollen. Top culprits are:

oak



hickory



aspen



ash



birch



willow



cedar

Spring Cleaning

Spring cleaning is the time to hit spots you don't clean every week, but allergies can be triggered.

Follow these tips to help avoid allergy flare-ups:

- **Keep windows closed** to avoid letting pollen and mold inside.
- **Avoid using outdoor clotheslines.** Wet clothes attract pollen.
- **Dry your carpets after shampooing.** Dust mites like damp spots like damp wood or padding under carpets.
- **Use a damp cloth to dust.** Dry dusting sends dust back in the air.

Pet Dander

Dander is microscopic flecks of skin shed by animals and is often too small to be seen but is the perfect size to get caught in fabrics and float around your home.

Follow these quick tips to help limit pet dander:

- **Brush pets** outside regularly or take them to the groomer.
- **Avoid bathing pets too often.** Dry skin flakes more.
- **Keep pets off furniture.**
- **Vacuum regularly** using a high efficiency particulate air filter (HEPA) or a vacuum with a bag.
- **Wash hands** after handling your pet.



Call your primary care provider if you have allergy symptoms.

New to Baystate Health? Call 413-794-5412 to schedule an appointment with a provider.