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Pequot for Grasses, Herbs, Medicines

PEQUOT PHARMACEUTICAL NETWORK • PHARMACY NEWSLETTER

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Preparing for Seasonal Allergies: Tips for a Symptom-Free Spring

As we head into Spring here in Connecticut, tree pollen is already on the rise, signaling the start of allergy season for many. With warmer weather extending these periods due to climate change, it's smart to prepare early. Here's a quick guide to understanding and managing seasonal allergies (hay fever) to keep your productivity high at work.

Know Your Triggers and Timeline

Allergies often hit in waves: tree pollen from late winter through spring, grasses in summer, and weeds in fall. In our area symptoms can kick off as early as now. Track local pollen counts via apps or weather sites and start preparations 2-4 weeks before your usual onset. This proactive approach can reduce sneezing, itchy eyes, and congestion before they disrupt your day.

Minimize Exposure to Allergens

Simple habits can make a big difference:

- Stay indoors on dry, windy days or peak pollen hours (early mornings). Opt for air conditioning with clean filters in your home, car, and office instead of open windows.
- After being outside, change clothes, shower, and rinse your nose with saline to wash away pollen.
- Skip lawn mowing or leaf raking if possible—or wear a mask. A hat can keep pollen out of your hair, and washing bedding weekly helps too.

Treatment Options to Stay Ahead

Over-the-counter meds are your first defense—start them early for best results:

- Antihistamines like loratadine (Claritin), cetirizine (Zyrtec) and fexofenadine (Allegra) for general relief.
- Nasal steroid sprays (e.g., Flonase) to target inflammation. For persistent issues, consider allergy shots or see an allergist for testing. Remember, everyone's triggers vary, so tailor your plan.

By gearing up now, you can enjoy the season without the sniffles. If symptoms worsen, consult a healthcare pro. Stay healthy, team!



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