Skeehchooash

Pequot for Grasses, Herbs, Medicines

PEQUOT PHARMACEUTICAL NETWORK • PHARMACY NEWSLETTER

November 2026

Fall and Winter Allergies

Fall allergy triggers: (August through November) are mainly due to Ragweed pollen, outdoor mold spores, and dust mites. As people spend more time indoors, pet dander and dust mites can become more problematic.

Ragweed pollen: typically peaks in September and can release pollen from August to November.

Outdoor mold: thrives in damp leaves, soil and decaying plants.

Dust mites: become worse as heating sources are turned back on.

Pet dander: increases once pets start spending more time indoors.

Winter allergy triggers: *Dust mites, Indoor Mold, Pet Dander*

Common symptoms of fall/winter allergies:
Runny or stuffy nose
Sneezing
Itchy or watery eyes
Postnasal drip
Cough
Fatigue and sleep disturbances

How to tell the difference between a cold and allergies:
You may have an infection if you have: fever or chills, body aches, thick yellow/green mucus, severe fatigue

Prevention tips: check pollen counts in fall, keep windows closed if high. Use indoor HEPA air purifiers, wash bedding in hot water weekly to reduce bed mites, clean/dry damp areas to prevent mold growth.

Symptom Relief:

Over-the –counter options: Saline nasal rinses to flush allergens and reduce congestion
Antihistamines (oral or nasal) for sneezing, runny nose and itchy/watery eyes
Nasal Corticosteroid sprays such as Flonase for chronic (long-term) congestion
Allergy testing may be beneficial for determining exactly what you may be allergic to.

At Pequot Health Care, we are dedicated to maintaining your good health!

PEQUOT PRxN PHARMACEUTICAL NETWORK

PEQUOT PLUS HEALTH BENEFIT SERVICES

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