



## FALL ALLERGY MANAGEMENT

It's unfortunate, but allergy sufferers don't get a reprieve during the fall months! While the allergy triggers are slightly different, they can be just as misery-producing as those allergen in the air in the spring and summer.

During the fall, ragweed is the biggest allergy trigger and while this yellow-flowering weed begins pollinating in August, it can linger into the fall months! About ¾ of the people who are allergic to spring pollen-producing plants are also allergic to ragweed.



Mold is another culprit because its spores can easily get airborne. It thrives in damp areas, both indoors and outdoors. Dust mite (microscopic spider-like insects) is another common indoor allergen. They are really prevalent during the summer months, but can get stirred into the air the first time you turn on your furnace in the fall.

Allergy symptoms caused by ragweed, pollen and mold include: runny nose, watery eyes, sneezing, coughing, itchy eyes and nose and dark circles under the eyes.

### To treat these symptoms try one of these medications:

Prescription corticosteroids usually are given in the form of a nasal spray to reduce inflammation in the nose.

1. Antihistamines reduce sneezing, sniffing and itching
2. Decongestants clear mucus out of the nasal passages to relieve congestions and swelling
3. Antihistamine eye drops block the histamines that lead to the allergic reaction

### To ease your fall allergy symptoms:

1. Stay indoors with the doors and windows closed when pollen is at its peak (10 AM – 3 PM).
2. Before you turn on your furnace for the first time, have your heating ducts cleaned.
3. Use high efficiency particle air (HEPA) filters in your heating system to remove pollen, mold and other particles from the air.
4. Use a humidifier to keep your air at between 35-50% humidity.
5. Wear a mask when you're working outdoors.

PLEASE POST FOR THOSE EMPLOYEES WITHOUT EMAIL

