



*Seasonal allergies are usually caused by three main types of pollen: trees, grass, and weeds. They're called "seasonal allergies" because each type of pollen has a season where they're most potent. The severity of allergies (which is how our immune system reacts to harmless substances, like pollen or mold) varies for each person. This post is not intended to provide medical diagnosis or care. Please consult your health care provider regarding your seasonal allergies.*

**Tip 1-** Stay inside if you can. Pollen counts are higher in the morning, and on warm and windy days.

**Tip 2-** Close windows and doors. I know it seems like a simple thing to do, but it helps.

**Tip 3-** Keep your home free of dust. Consider using a disposable dust cloth or wand that dust adheres to. Vacuum every day.

**Tip 4-** Bathe or shower at night. Pollen can stick to your clothes, skin, and hair, it's important to wash away the irritants before you climb into bed.

**Tip 5-** Purchase an air purifier with a highly rated HEPA filter and use it in your bedroom (keep the door closed). The [Okaysou AirMic4S Medical Grade Air Purifier](#) for Home Allergies is a good one to try.

**Tip 6-** Keep track of pollen counts. Check your local news or a trusted weather app for pollen forecasts and pollen levels in your area. This is helpful if you are considering any outdoor yard work or activities.

**Tip 7-** Over the counter allergy medication, or homeopathic (herbal remedies, apple cider vinegar, probiotics, etc.) can be a big help too. Please speak with your health care provider before using any new medication or natural remedies.

**Tip 8-** Rinse your sinuses using a neti pot or use a squeeze bottle (follow directions for use) of pre-mixed saline solution. Available at pharmacies and health food stores.

**Tip 9-** Try using essential oils. Peppermint, basil, and eucalyptus boost the immune system.

**Tip 10-** Have a cup of tea. Peppermint, ginger and green tea contain bioflavonoids that block the release of histamines.