

5 Tips to Reduce Outdoor Allergies



ADVANCED SPECIALTY CARE P.C.

To avoid pollen during the high allergy season, we recommend:

1

Take a bath or shower daily in the evening, after returning indoors for the last time of the day, to wash pollen off the skin and hair. Change clothes after showering as well.

2

Wear sunglasses while outdoors to block pollen from your eyes.

3

Keep windows closed in your home to lessen the pollen from entering.

4

Use the air conditioner to filter the air in your home.

5

If pollen counts are high, limit the amount of time you spend outdoors.