

Understanding How to Control Pollen Allergens

Some people have an allergic reaction when they are around tiny plant grains called pollen. Pollen floats through the air, mainly in spring, summer, and fall.

When you have a pollen allergy, your body might react with symptoms such as sneezing, a runny nose, or itchy eyes or skin. Sometimes, pollen can also cause coughing or trouble with your lungs, including asthma symptoms.

If you have allergy symptoms when you are around pollen, then pollen is what is called an “allergy trigger” for you.



Plant pollen is a common allergy trigger.

Tips for Avoiding Pollen Allergens

- **Stay indoors:** Try to stay indoors during peak pollen times, usually mornings and early evenings, and on dry, windy days.
- **Keep windows closed:** When the pollen count is high, it is important to keep the windows closed as much as possible to keep pollen out of your home or car.
- **Use air filters:** Use air conditioning with clean filters to help keep the air inside your home fresh and less dusty.
- **Wear sunglasses:** When you go outside, wear sunglasses to protect your eyes from pollen.
- **Shower and change clothes:** After being outside, shower to wash pollen off your skin and hair, and change into clean clothes.

- **Check pollen levels:** Watch weather reports or websites that tell you how much pollen is in the air. Avoid outdoor activities when pollen levels are high.



Stay indoors with windows closed when the pollen count is high.

Treatment for Pollen Allergies

Your care team may suggest different ways to help ease your allergy symptoms:

- **Antihistamines:** These medicines help stop allergic symptoms like sneezing and itching.
- **Nasal sprays:** These can ease nasal swelling and help your nose breathe easier.
- **Decongestants:** These medicines help clear your nose if it is blocked.
- **Allergy shots:** Sometimes, your care team might suggest allergy shots. These help your body get used to the pollen so you have fewer symptoms over time.
- **Avoid triggers:** Follow tips to avoid pollen as much as possible.

When to Contact Your Care Team

Call your care team if:

- Your allergy symptoms get worse or do not get better with treatment.
- Your symptoms get worse, and you also have asthma.
- You have any changes in breathing.



- You develop a fever.
- Your symptoms include a lot of yellow or green mucus.
- You have questions about your medicines or need help with your allergies.

When to Call 911 or Go to the Emergency Room

Get help right away if:

- You have severe trouble breathing, or your lips turn blue.
- You feel faint, dizzy, or are unable to speak clearly.
- You have swelling of the face, lips, tongue, or throat, and cannot breathe well.
- You feel worse quickly or have symptoms of a severe allergic reaction.

Thank You for Choosing Us

Thank you for trusting us with your care. We are here to support you and want you to feel your best. Contact us with any questions.

IF YOU HAVE A MEDICAL EMERGENCY, CALL 911 OR GO TO THE EMERGENCY ROOM.

The information presented is intended for general information and educational purposes. It is not intended to replace the advice of your health care provider. Contact your health care provider if you believe you have a health problem.

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