

## How to Manage and Treat Seasonal Allergy Symptoms

Do you find yourself feeling miserable, coughing, or sneezing at about the same time each and every year? If you do, it is important to note that you may be suffering from seasonal allergies. Although it is possible to suffer from seasonal allergies all year round, many individuals find that their symptoms are worst during the spring and fall.

As for how you can go about seeking relief from your seasonal allergy symptoms or at least how you can manage them, there are a number of important steps that you will want to take. These steps, a few of which are actually recommended by those in the medical field, are outlined below for your convenience.

One of the first things that you will want to do, when looking to manage or treat your seasonal allergy symptoms is know what your trigger factors are.. When you experience a runny nose, stuffy nose, a cough, or chest congestion, there is likely something in particular that is triggering it. For many, the culprit is pollen, ragweed, as well as mold. As far as mold is concerned, many believe that it is only found inside homes and other buildings, but mold is actually quite common outdoors, especially after rainfall.

Another one of the many ways that you can go about seeking relief from seasonal allergies is by seeking the proper treatment. Although some individuals are able to manage their symptoms on their own, many more need to seek relief from prescription medications or at least over-the-counter products. This is where visiting a doctor may be a good idea, especially if your seasonal allergy symptoms cause you pain or discomfort. As previously stated, your doctor will likely prescribe allergy relief medication to you, especially if he or she thinks that your allergy symptoms are severe enough.

If you decide to seek relief from your seasonal allergies without the use of a doctor, but still with medication, you will likely turn to over-the-counter products. Before taking an over the counter product, be sure to read all warning labels and all information that is provided to you. Some over-the-counter medications can react with others or have side effects. If you want reassurance that you will be trying a safe product and one that is known to produce results, you may want to speak to any other seasonal allergy sufferers that you know, a pharmacist, or you can read reviews on over-the-counter products online.

In addition to the above mentioned steps, which all involve the use of some form of medicine, it is also important to know that many individuals are able to seek relief from their seasonal allergies with natural steps or other small easy

steps. For example, The Weather Channel is known for outlining high pollen counts in certain areas. They often do so on live broadcasts as well as on their website. If your area is impacted by high levels of pollen, it may be a wise idea to stay indoors or at least wear a protective mask. Checking any pets that you may have is another great tip that many do not think of. Longhaired cats and dogs can get pollen and ragweed stuck on their hair, which can later result in it making its way into your home.

As highlighted above, there are a number of steps that you can take to seek relief from your allergy symptoms. The good news is that most of these steps are all easy to implement.

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