

Take control of fall allergies

Fall allergies are often caused by:



Ragweed blooms that can produce grains that travel in the wind.



Mold that can live in piles of damp leaves.



Dust mites that can get stirred into the air the first time you turn on your heat.

Common symptoms are:



Watery, itchy eyes



Itchy ears and throat



Wheezing



Sneezing

How to take control:



Wear a face mask when you are outside between 5 a.m. and 10 a.m., on windy days and when raking leaves.



Shower daily.



Remove decaying leaves from your yard and gutters.



Clean heating ducts before turning on the heat for the first time.



Avoid opening windows.



Skin testing by a board-certified pediatric allergist is the best way to diagnose your fall triggers.