Spring allergies are often caused by tree pollen.

**Common symptoms are:**
- Watery, itchy eyes
- Sneezing
- Wheezing
- Runny nose
- Itchy ears and throat

**Tips for avoiding pollen:**
- Keep windows closed.
- Wash your hands, face and body when coming inside from the outdoors.
- Remove clothes after being outdoors. Consider putting a hamper for soiled clothes outside of the bedroom.
- Do not hang clothes or linens outside to dry.
- Avoid outdoor activities between 5 a.m. and 10 a.m. when pollens are most prevalent.

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

Visit choa.org/allergy or call 404-785-KIDS (5437) for more information.