



Take control of spring Allergies

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.



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