



## Did You Nose?

(Helpful hints to reduce “hayfever” symptoms)

- **Avoid allergens** – limit outside activities, exercise in the early morning, wear sunglasses, and don’t lie in the grass.
- **Remove the allergens** – rinse eyes, wash hair, and shower after spending time outside
- **Keep doors and windows closed** in the home and in your car when pollen counts are high
- **Wash bedding frequently** and in hot water
- **Wear a pollen mask** if particularly sensitive
- **Start allergy medications early in the season** – don’t wait until you’re miserable
- **Over the counter medications** such as antihistamines (Claritin – non-sedative) and allergy eye-drops (Op-Con-A) are available at the health center pharmacy for low cost and can be charged to your Oregon Hall account.
- **If no relief, call the health center allergy clinic at 346-2739 and talk with a nurse**
- **Check out the pollen at:**  
<http://www.aaaai.org/nab/index.cfm?p=allergenreport>

Allergy: Did You Nose?-Full Sheet: 4/10/07: JC/kmb

