

# Seasonal Allergies? 9 Ways to Beat Them.



STAY INSIDE WHEN  
POLLEN COUNT IS HIGH.



USE AC INSTEAD OF OPEN  
WINDOWS AT HOME AND  
WHILE DRIVING.



SHOWER BEFORE YOU  
GO TO BED.



USE A CLOTHES DRYER  
INSTEAD OF AN  
OUTDOOR CLOTHES LINE.



SUNGLASSES HELP KEEP  
POLLEN OFF OF YOUR LASHES  
AND AWAY FROM YOUR EYES.



WASH PETS, SHEETS AND  
CLOTHES OFTEN.



REDUCE HAIR PRODUCT.  
IT'S STICKY AND  
COLLECTS POLLEN.



TREES POLLINATE IN THE A.M.,  
SO MAKE YOUR OUTDOOR  
PLANS IN THE P.M.



WEAR A VENTILATOR  
MASK WHEN DOING  
YARD WORK.