

Crawford & Fitch - Ear, Nose and Throat

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POLLEN AVOIDANCE

- The pollination time for trees, grasses, and weeds is as follows:
 - Trees: early spring through late spring
 - Grasses: late spring through summer
 - Weeds: late summer through fall
- Stay in air-conditioned areas when possible. Try to keep your windows closed when the pollens that bother you are at peak levels.
- Avoid being outdoors as much as possible, especially on hot dry days. The best time to be outside is after a penetrating rainfall.
- Try to avoid mowing your grass if you are allergic to grass or outside molds. If you must do your own mowing or weeding, wear a mask to filter the pollens.
- Shower, change and wash your clothes in hot water after each use outside.
- Do not hang clothes outside to dry.
- Avoid the use of fans.
- Remember that the pollen count peaks between 5 AM and 10 AM.
- Avoid bringing flowers inside your home.
- Keep your windows up when in the car.
- Keep your immune system healthy during your worse pollen season by getting enough sleep, eating a well balanced diet, and by reducing stress.