



Care Hub

FIELD NOTES



PRACTICAL HEALTH TIPS
FROM KAREN

Seasonal Allergies

RELIEF STARTS WITH A PLAN

If you find yourself sneezing every time you step outside, you're definitely not alone. Seasonal allergies affect millions of people each year and can make even the nicest weather miserable. The good news? There are simple steps that can make a big difference.



WHAT ARE SEASONAL ALLERGIES?

Seasonal allergies happen when your immune system reacts to pollen in the air from trees, grasses, or weeds at certain times of the year. This causes inflammation in your nose and airways, leading to uncomfortable symptoms.



COMMON SYMPTOMS

- Stuffy or runny nose
- Sneezing
- Itchy nose, eyes, or throat
- Watery eyes
- Postnasal drip (mucus in throat)
- Cough
- Sinus pressure or headache
- Fatigue

Symptoms can come and go with the seasons and are usually worse on dry, windy days when pollen counts are high.



5 WAYS TO REDUCE POLLEN EXPOSURE

- ✓ Keep windows closed at home and in the car during high pollen days.
- ✓ Check daily pollen counts and try to stay indoors when counts are high.
- ✓ Shower and change clothes after spending time outdoors.
- ✓ Dry laundry indoors — pollen can collect on clothes hung outside.
- ✓ Wear sunglasses outdoors to help keep pollen out of your eyes.

Karen's Practical Take



Start limiting exposure before symptoms hit. A little preparation now can save you a lot of sneezing later!



3 TREATMENTS THAT WORK BEST

NASAL STEROID SPRAYS

The most effective treatment for moderate to severe symptoms, especially stuffy nose.
Examples: Flonase, Nasacort, Rhinocort
Use every day during allergy season for best results.



ORAL ANTIHISTAMINES (NEWER OPTIONS)

Great for sneezing, itching, runny nose, and watery eyes.
Examples: Claritin (loratadine), Zyrtec (cetirizine), Allegra (fexofenadine)
Cause less drowsiness than older options.



SALINE NASAL RINSES

Rinsing with a saline (salt water) solution helps wash out pollen and thin mucus, relieving congestion.
Use distilled, sterile, or previously boiled water.



WHEN TO CALL YOUR PROVIDER

- Over-the-counter medications aren't controlling your symptoms
- Allergies are interfering with sleep, work, or daily activities
- You have frequent sinus or ear infections
- You develop wheezing, chest tightness, or shortness of breath
- You're not sure if your symptoms are allergies or something else

KAREN'S TAKEAWAY



Seasonal allergies are very common, but you don't have to suffer through them. Reduce your exposure, start the right treatment early, and stay consistent. If symptoms persist, we have more options to help you feel your best — so you can enjoy every season!

Karen ♥

*We're here to help you breathe easier
and feel your best. ♥*

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