



SUMMER ALLERGIES



SUMMER ALLERGY SEASON: JUNE TO SEPTEMBER

SYMPTOMS PEAK: JUNE AND JULY



COMMON SYMPTOMS

- Sneezing
- Itchy nose
- Red and watery eyes
- Congestion



TRIGGERS FOR SYMPTOMS

- Tree pollen
- Grass pollen
- Mold
- Ragweed
- Mugwort
- Needle



WAYS TO MANAGE SUMMER ALLERGIES

- Limit contact with allergens
- Wear a face covering outside
- Wear long-sleeved clothing
- Shower after going outdoors
- Take allergy medicine
- Talk to your doctor about treatment options
- Watch the allergy forecast
- Monitor pollen count and stay inside when counts are high
- Keep indoor air clean

WHY ARE SENIORS MORE VULNERABLE?

- Immune system weakens with age
- Other chronic conditions can mimic allergy reactions (fatigue, headaches, GI upset)
- Medication interactions can reduce effectiveness of allergy treatments



KEY TAKEAWAYS;

- Avoid known allergens when possible
- If on allergy medication, be sure to take it every morning
- Regular check-ups with your doctor
- You know yourself best

