



Weill Cornell Medicine

Spring Allergies: Your Guide for Success

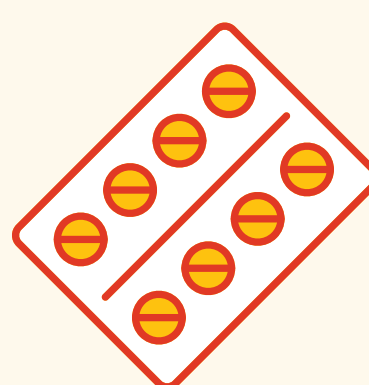


DO



Prepare early.

If allergies strike every year, begin taking daily medication before your allergen blossoms.



Stay inside.

When your trigger is in full bloom, stay inside to reduce exposure and limit symptoms.



Time your medication.

Antihistamines can help manage allergies, but be careful. They can also cause drowsiness. Take them at bedtime to reduce daytime sleepiness.



Visit an allergist.

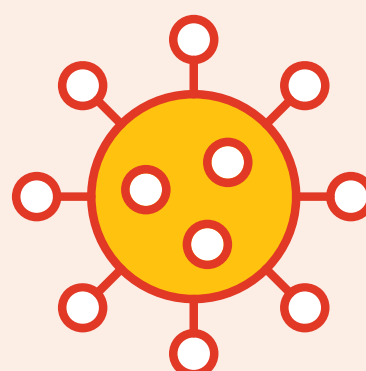
Proper testing helps identify your triggers and leads to the right treatment.

DON'T



Bring allergens inside.

Change clothing and take a shower after spending time outside.



Ignore your symptoms.

If your symptoms show up around the same time every year, you might have allergies. Help is available!



Leave windows or doors open.

Open windows and doors let in fresh air and allergens.



Overlook medication instructions.

Take too little or too much, too often or not often enough, and you may feel groggy or not enjoy relief from symptoms.

Visit weillcornell.org/doctors to find a doctor at Weill Cornell Medicine to reduce your springtime symptoms.



Weill Cornell Medicine