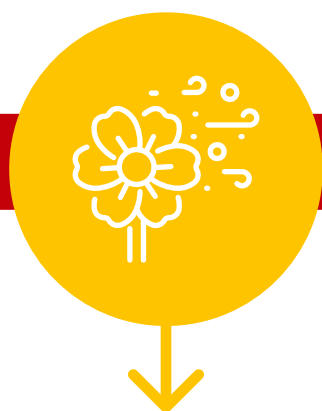




Weill Cornell Medicine

Are You Facing Fall Allergies?



If you find yourself sniffing and sneezing as the weather cools down, you may suspect the flu or COVID-19. However, it may be fall allergies.

If you have

Cough

Runny nose

Shortness of breath

Stuffy nose

Watery eyes

It may be an allergy.

THE ALLERGIC REACTION

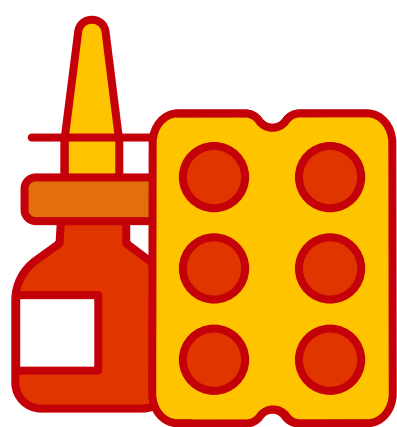
Unfortunately, viral infections, such as a cold or flu, can have allergy-like symptoms. A viral infection, however, can also come with diarrhea, nausea or vomiting, along with a sore throat or fever. Still not sure what's bothering you? Try a home flu test, visit your primary care provider or schedule an allergy test.

TIPS TO FEND OFF ALLERGIES

Want to reduce your sniffles and sneezes in the fall?

Clean up and close up.

Dust, mold and other allergens may be inside your house. Clean well to get rid of them, and keep your windows closed to prevent outdoor allergens from making their way inside.

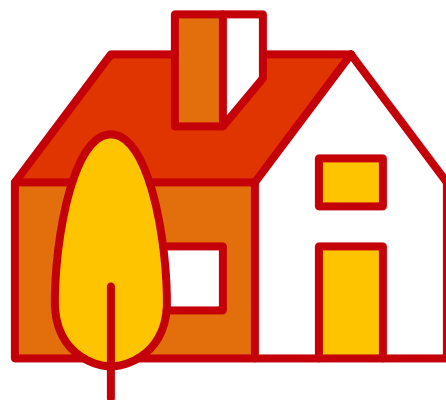


Medicate.

Allergy medications can help calm your body's reaction to fall allergens. Work with your care provider to determine what medication, dosage and frequency brings relief.

Stay inside.

In the fall, ragweed and other weeds are common causes of allergic reactions. When pollen levels spike or the weather is dry and windy, stay inside. This can protect you from exposure to weeds that may make you sneeze and wheeze.



Visit weillcornell.org/doctors to find a doctor at Weill Cornell Medicine who can help manage your allergies all year long.



Weill Cornell Medicine