

Allergy Facts

1. Hay fever sufferers should wash hair at night to remove pollen and keep it from settling on pillows and bedding.
2. The best time to take an antihistamine, which helps block allergic reactions, is **before** symptoms surface. Antihistamines can cause sleepiness, though, so never take one when safety requires you to be alert.
3. Australian researchers found a simple solution if you're allergic to dust mites and suspect your area rugs make you sneeze and itch: Place the rug outdoors in direct sunlight for a few hours.
4. Moving to another location is no guarantee of relief for allergy sufferers because they usually develop allergies to their new environment within a few years of moving.
5. As many as 20% of Americans believe they have a food allergy...but less than 1% really do. Most food "allergies" are actually signs of digestive problems, food poisoning or stress.

Allergy Tips

1. When outdoor pollen levels are high, stay indoors during the mornings, if possible.
2. Use air conditioners inside the home or car to help prevent allergens from entering.
3. Dust frequently, and avoid using dust-trapping items in your house. For instance, use blinds instead of curtains.
4. Use a vacuum equipped with a high-efficiency particulate air (HEPA) filter to help control dust.
5. If you have pets but are allergic to them, have them bathed weekly and brushed frequently.