


Seasonal Allergies

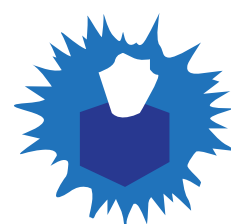
Most of us welcome the sunshine and rising temperatures of spring with open arms, but the same can't be said for the symptoms brought on by seasonal allergies. Explore the basics of seasonal allergies and learn how to fight back.

Brought to you by:  **NorthShore**
University HealthSystem

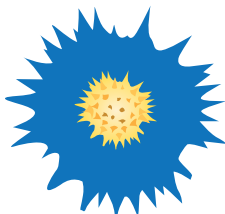


U.S. Allergy Stats

 **\$14.5 billion** spent on average per year due to allergies



35 million in the U.S. suffer from **pollen allergies**



1 in 5 people in the U.S. **have allergies**

 **4 million** **workdays lost** per year due to hay fever

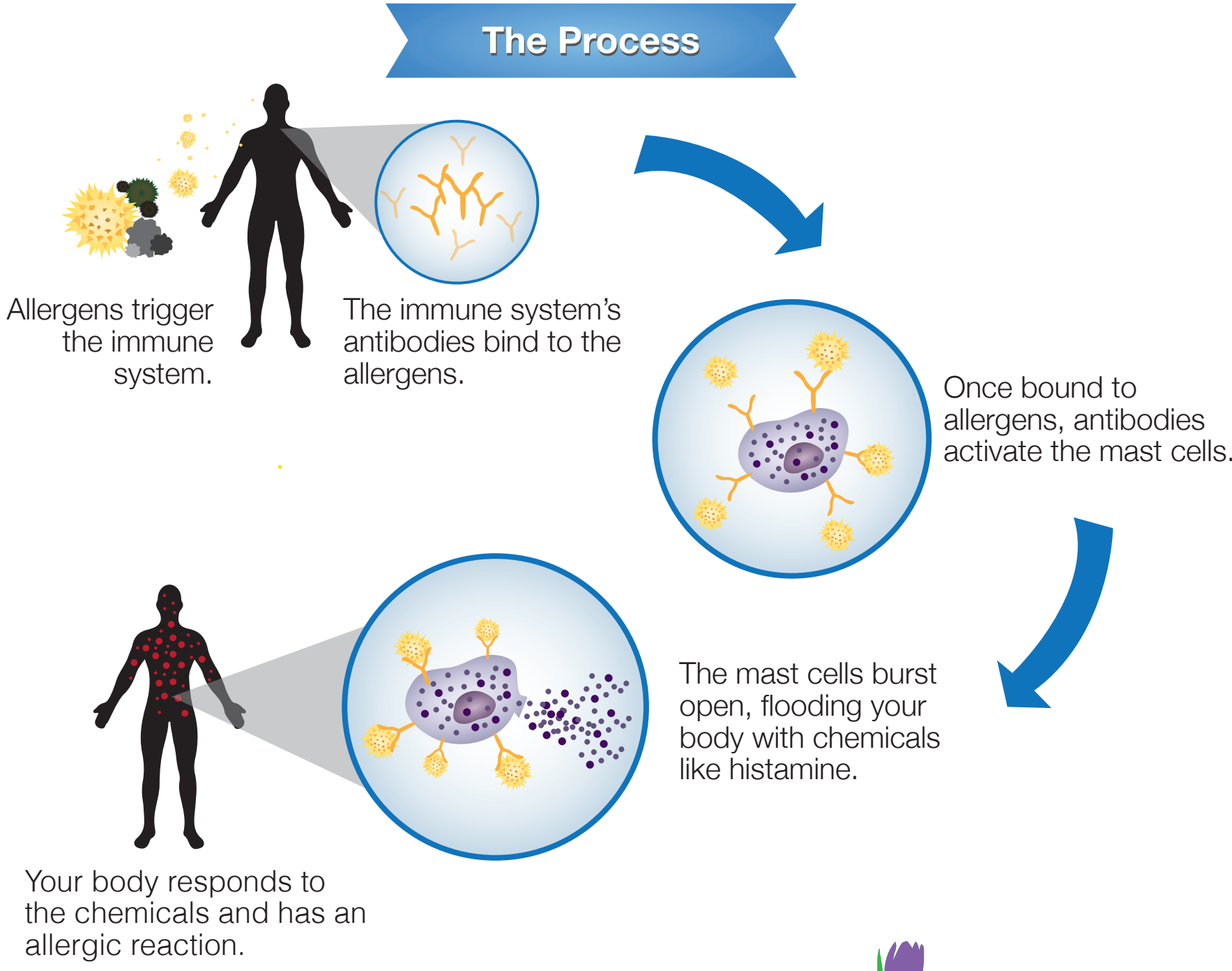
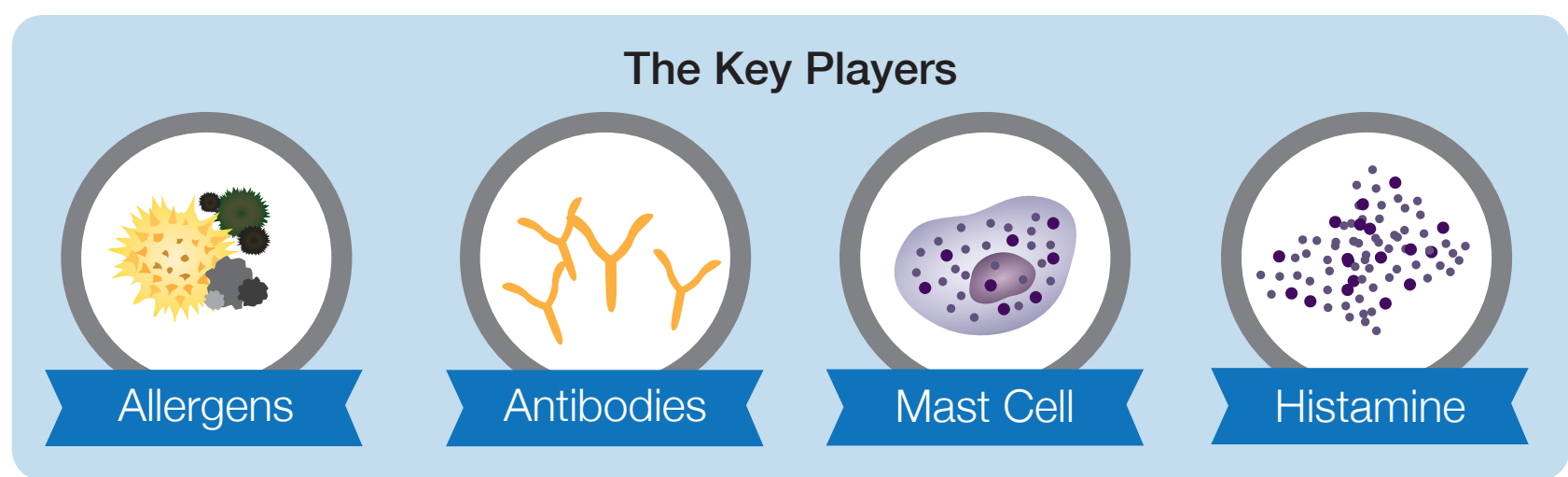
20 million in the U.S. suffer from allergies to **dust mites**



 **10 million** in the U.S. suffer from allergies to **cat dander**

What Causes Allergies?

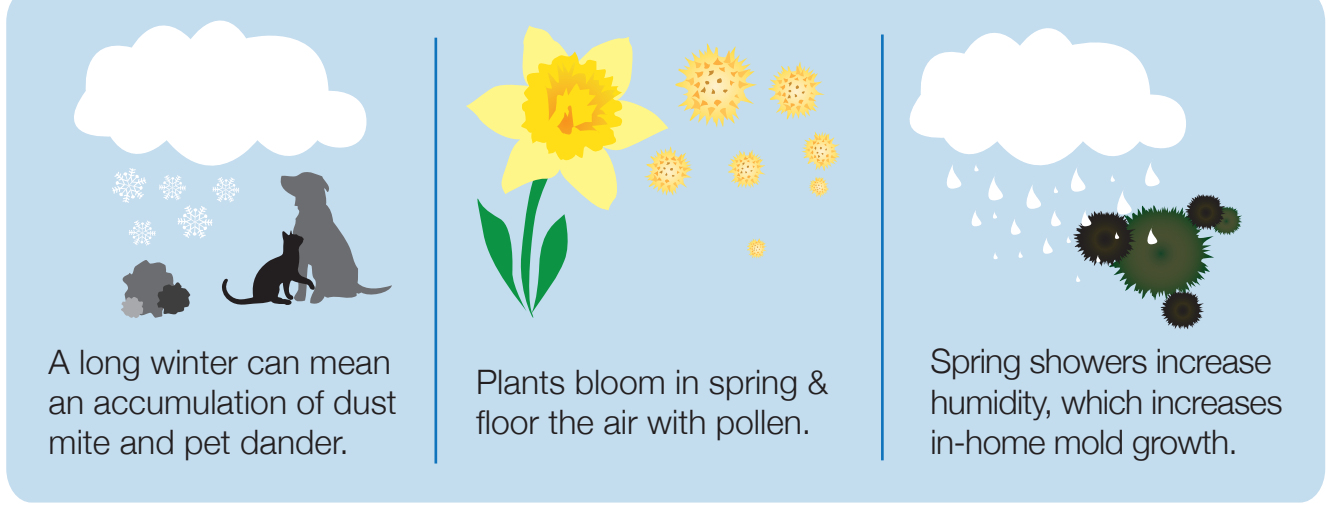
How do common allergens like pollen and dust mites cause allergic reactions?



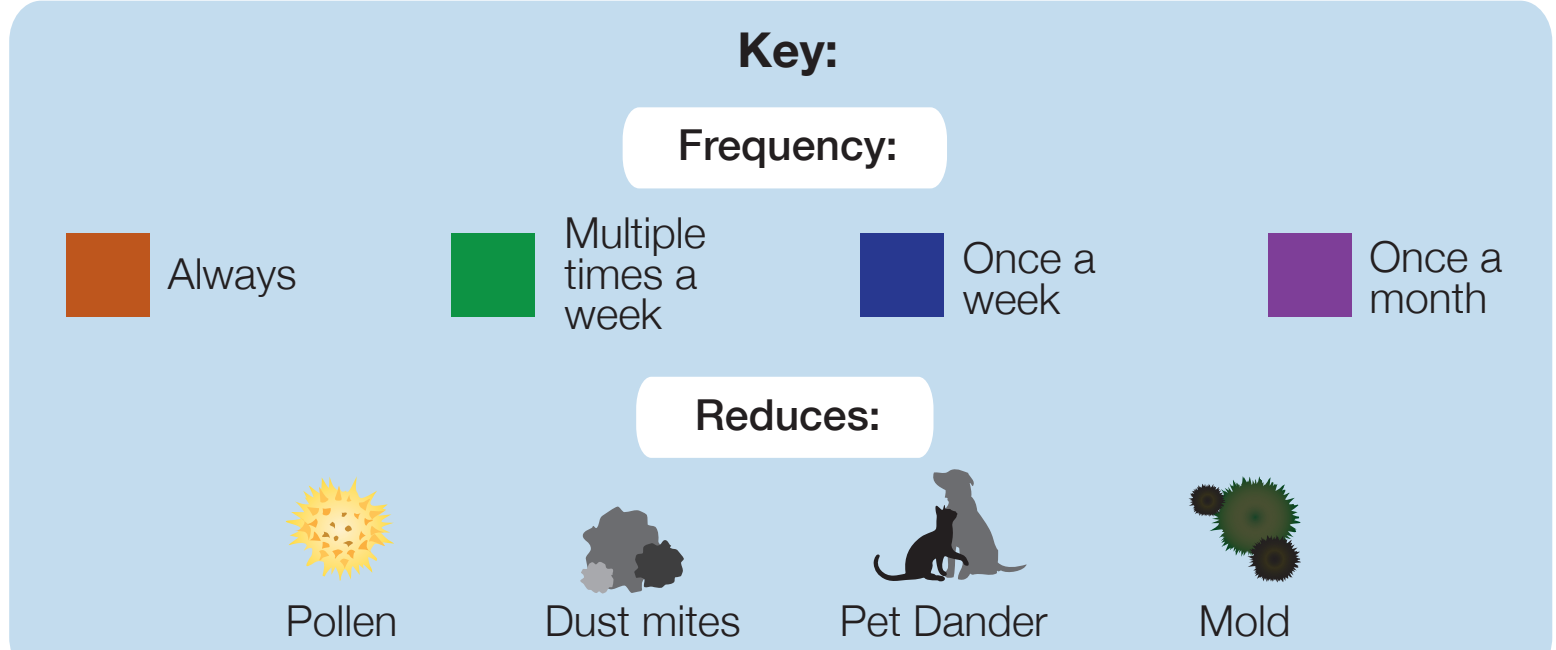
Survival Guide: Allergy Season



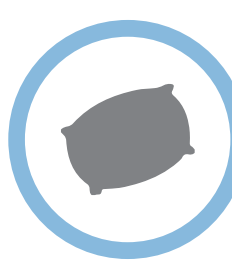






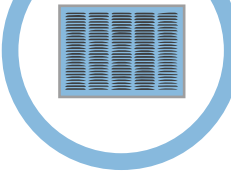
The sniffles, sneezes, and itchy, watery eyes of seasonal allergies are the result of a combination of weather-related issues. A thorough spring cleaning is the best way to combat many of these issues.

Why is Spring So Bad for Allergies?



Cleaning Tips



-  Keep doors & windows closed **Always** (Pollen, Mold)
-  Shower & change clothing after going outside **Always** (Pollen)
-  Use zippered, dust-proof covers on mattresses & pillows **Always** (Dust mites)
-  Keep pets out of bedrooms **Always** (Pet Dander)
-  Vacuum all surfaces **Multiple times a week** (Pollen, Dust mites, Pet Dander)
-  Dust furniture, vents & other surfaces **Multiple times a week** (Pollen, Dust mites, Pet Dander)
-  Wash clothing & bed sheets in hot water **Once a week** (Pollen, Dust mites, Pet Dander)
-  Clean sinks & bathtubs thoroughly **Once a week** (Mold)
-  Wash rugs in hot water **Once a month** (Pollen, Dust mites, Pet Dander, Mold)
-  Change air filters **Once a month** (Pollen, Dust mites, Pet Dander)

Sources

www.aafa.org
www.webmd.com
www.northshore.org

