

Braving the Great Outdoors: Allergy Season

Don't lock yourself indoors this spring. NorthShore University HealthSystem shares four tips for fighting back against your seasonal allergies.



• Pollen Count Counts

The higher the number, the more severe your seasonal allergies can be.



TIP On high pollen count days, limit outdoor activities.



• The Early Bird Suffers More Severe Allergies

Pollen & mold levels are typically higher from **5 to 10 a.m.**



TIP Wait to exercise or work outside until mid to late afternoon.

• April Showers Bring Clearer Air

Pollen levels are highest when it is warm, dry and windy.



TIP If you react to pollen, the best time to head outdoors is just after a rain shower.

• Dress Accordingly

Synthetic fabrics attract pollen & the less breathable fabric is ideal for mold.



TIP Wear natural, breathable fibers like cotton during allergy season.

