

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.

—● 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.

—● 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.