5 Easy Ways to Find Allergy Relief This Season

Protect you and your family so you can enjoy the beauty of fall

by Walgreens (Paid Content) | Comments: 0

Allergy prevention can help you and your family thrive.

Suffering from a runny nose, sneezing, and nasal congestion? Fall allergies may be the culprit. While we typically associate seasonal allergies with spring, fall allergies are just as severe.

In fact, according to the American College of Allergy, Asthma & Immunology, as many as 23 million Americans are allergic to ragweed. Causing a reaction similar to tree pollen allergies, ragweed pollinates in late summer through mid-fall and continues until the first frost of the season. Fall's wet weather also increases the likelihood of mold growth, another common allergy trigger. While mold is often associated with damp basements and bathrooms, piles of fallen leaves are also ideal environments for mold to develop outdoors.

First, there are many ways to address fall allergies and symptoms, starting with removing allergies from your home. Here’s how:

1. Wash your linens, curtains, carpets, and jackets. Regular washing of the fabrics we use every day removes spores tracked into our homes.

2. Bathe pets frequently. Regular shampooing, especially of outdoor cats and dogs, removes allergens on fur.

3. Keep your yard and remove leaves from gutters. Fall leaves are beautiful, but they’re also a recipe for mold growth once they fall.

4. Regularly clean kitchens and bathrooms. Anti-mold and vinegar-based cleaning solutions are easy ways to remove mold as it develops in common areas inside.

5. Use a dehumidifier. Reducing humidity from damp air inside prevents new mold from developing.

For many, even after taking preventative steps, avoiding allergies altogether is not possible. So, when allergies do strike, turn to over-the-counter remedies that can alleviate symptoms and provide relief. Add these items to your shopping list and be prepared for seasonal allergies before they hit hard:

- Eye drops - Soothe itchy, watery eyes
- Antihistamines - Reduce sneezing, itching, and swelling
- Decongestants - Relieve nasal congestion and buildup
- Nasal steroids - Reduce nasal swelling, muco, and congestion
- Saline sprays and drops - Wash pollen from nose and eyes

A Walgreens pharmacist can help answer your questions and guide you on what to take based on your symptoms and other medications you take.

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