

— SEASONAL ALLERGIES? —

10 things to try that aren't medication

Seasonal allergies can really impact quality of life. The best way to minimize symptoms is to minimize exposure to triggers. Even if you are taking medications, these are some strategies to help decrease your reliance on them.

Timing	Pollen is usually most concentrated in the morning, so schedule outdoor playtime later in the day
Change	Remove pollen from clothing, hands, and faces as soon as you walk in the door. Wash hands, change clothes, and leave those shoes by the door.
Saline	Saline spray (or a netipot for older kids) to help irrigate and wash out pollen trapped in the nores can be really helpful. It may take practice :)
Bathe	Try to bathe and wash hair before bed on the days your child has been outdoors. This decreases the amount of pollen tracked into bedding.
Stuffies	Stuffed toys are notorious for trapping dust and pollen. Minimize how much is in the bedroom and wash weekly. For stuffies that cannot be washed, put them in a sealed plastic bag for 24h once a week.
HEPA filters	AC with HEPA filters work better than a fan, and try to maintain humidity at less than 50%
Floors	Carpet is more likely to trap pollen than hardwood floors. In either case, try to vacuum the floor at least once a week.
Fluids	Stay hydrated. Especially for children who get mucousy with their allergies, the mucus can trap more allergens. Staying hydrated helps thin it out.
Bedding	Replace pillows every 2-3 years and wash bedding with hot soapy water weekly (+ dry on high heat). Certified hypoallergenic bedding can help but remember that hypoallergenic is not the same as NOT allergenic.
Pets	Remember: pets can bring in pollen too. Keep them out of the bedroom if you can, or give them extra baths as well!

Allergy medicines are generally very effective and widely considered safe but should not be taken without the advice of a healthcare provider.