

Key Facts About Hay Fever

"Hay fever" is another name for allergy symptoms that happen during certain times of the year.

1 Introduction

During early spring, outdoor molds release their spores, and plants release pollen particles into the air to fertilize other plants. This is the leading cause of "hay fever" or what others call seasonal allergies. However, people can be allergic to one or more types of pollen or mold leading to a patient experiencing seasonal allergies several times a year.

2 Being aware

Seasonal allergies are usually easy to identify because the pattern of symptoms occurs yearly over the same time period. Not to be confused with the common cold, symptoms of seasonal allergies include:

- Sneezing
- Itchy nose and/or throat
- Nasal congestion
- Clear, runny nose
- Coughing

3 Preventive action

Avoiding allergens can be tricky, especially when the pollen and spores are virtually impossible to avoid if going outside. However, there are steps you can take to minimize exposure to these triggers such as:

- Stay indoors on dry, windy days.
- Delegate lawn mowing, weed pulling, and other gardening chores.
- Remove the clothes you've worn outside.
- Don't hang laundry outside.
- Wear a pollen mask if you do outside chores.

4 Moving forward

We cannot control what allergens are in the air or when the symptoms will arise but we can take necessary precautions when they do. Make note of symptoms or sicknesses that affect you during the same time each year. See your general practitioner if you think you may have developed seasonal allergies to ensure more serious symptoms don't arise.

Did you know?

Allergies are the 6th leading cause of chronic illness in the U.S.

For more information on allergies please visit <https://www.aaafa.org/>.

References:

<https://kidshealth.org/en/parents/seasonal-allergies>

<https://www.mayoclinic.org/diseases-conditions/hay-fever/in-depth/seasonal-allergies/>

<https://acaai.org/allergies/types/hay-fever-rhinitis>