



Allergy Preparedness

April 5, 2021

Ahhhh.... Spring is in the air! So is some of the most common allergens, like flower pollens. If you suffer from allergies, then you know exactly what I mean. Allergens come in many forms and are identified by immune systems as threats. When your body's natural defenses are triggered, it can cause allergic reactions. This can cause you not to feel so hot. But how do you know if it is allergies and not a virus, like the common cold?

Allergies and colds have similar symptoms, such as:

- Sneezing
- Coughing
- Sore throat
- Runny nose
- Nasal congestion
- Watery eyes

They also have symptoms that could be very different. Colds have a shorter duration and are more likely to cause symptoms throughout your body. They are more likely to cause:

- Fatigue
- Body aches
- Sore/red throat
- Fever

Seasonal Allergies can have a longer duration and are more likely to cause symptoms in your head. They are more likely to cause:

- Itchy eyes

- Trouble breathing / wheezing
- Skin rashes or swelling

How to prepare

So, you know you have seasonal allergies, and you know what triggers them. Is there anything you can do about it? Yes, it is possible to prepare for allergy season. Here are some things you can do:

Take care of your health! I know that sounds repetitive, but it is true. The first thing you can do is support your own immune system. You might even find that you will be less likely to catch viruses too.

Spring Clean your house! I know it is not fun, but this could really help. Spring cleaning (or deep cleaning) can help eliminate traces of mold particles and dust mites... some other very common allergens. Dust all hard surfaces and thoroughly vacuum all your soft surfaces, like rugs, carpets, mattresses, sofas, and chairs. A little hint: Make sure your mattress does not have any loose threads that can get stuck in the vacuum. Does cleaning make you sneeze? Wear a mask and gloves.

Stock up on essential supplies! You should have tissues on hand, especially if you know you might need them. Take supplements, like vitamins B6 and C, to help give your immune system that extra boost.

Get professional help! If it gets too bad, then you should always seek the advice of a physician. There are many medical treatments that can help as well, like breathing treatments, and allergy shots. If you have symptoms the time every year, then this is something you can do in advance.

Physicians should also prepare for extra patient visits. Get your exam room supplies from one of our great [healthcare distributors](#).

Resources:

[Allergy & Asthma Care, LTD.](#)

[Healthline](#)