



Relieve Your Allergy Symptoms

Spring is officially here. That means warmer weather, longer days and...allergies! Itchy, watery eyes, a scratchy throat, a runny nose, coughing and sneezing. Lots of sneezing.

You should be able to enjoy the outdoors and your favorite springtime activities without suffering.

Here are some simple tips to get relief:

Take your shoes off

After you've been outside, take your shoes off before you come into your home. This will avoid bringing pollen indoors.

Wash your hair before going to bed

All that pollen blowing around outside might stick to your hair. Wash it thoroughly so it doesn't get onto your pillows.

Shut the windows

Yes, the fresh air feels fantastic. However, pollen will get into your home when the windows are open. Kick on the air conditioning instead.

Replace the air filters

Allergens will collect in the air filters for your air conditioner and furnace. Replace them often.

Our allergist can also help.

Call (914) 723-8100 for an appointment.



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