

# WARREN COUNTY HEALTH DISTRICT

## News and Information



**Public Health**  
Prevent. Promote. Protect.

### **Bloom and Doom: Managing Spring Allergies**

If you're one of the 50 million Americans who suffers from allergies, your symptoms may bloom when the seasons shift. Itchy, watery eyes, a tickly throat, and a stuffy, runny nose can make you dread springing ahead—and falling back. Likely triggers include tree pollen, grass, mold, and ragweed.

#### **What exactly are allergies?**

When you come in contact with a substance that you're allergic to, called an allergen, your immune system treats it as an intruder. In response, your immune system releases chemicals such as histamines, leukotrienes and prostaglandins, which cause a cluster of allergic symptoms: runny eyes and nose, itchy, watery eyes, sneezing and coughing. When people who are allergic to it breathe in, pollen that was in the air gets trapped in their nasal passages. The pollen particles stick to mucus membranes, causing inflammation and irritation to the nose and eyes. For those who suffer extreme reactions, their breathing is affected, and they may develop asthma.

#### **Common Seasonal Allergy Symptoms can Include:**

- Congestion
- Sneezing
- Itchy eyes, nose and throat
- Runny Nose and Eyes
- Post Nasal Drip (drainage in the throat)
- Fatigue
- Coughing

#### **What are the most common seasonal allergens and when do they occur?**

- Tree Pollen- March/April
- Grass Pollen- June/July
- Ragweed- Fall
- Mold- Fall

#### **How can I deal with my allergies?**

- Keep windows closed, especially in the evening when air currents can increase pollen circulation.
- Wash your face and hair (or shower completely) before bedtime to avoid getting pollen on your bedding (pillows). Change clothes after outside activities like cycling or running.
- Wear sunglasses or eye protection when outside and avoid strenuous outdoor activities when pollen counts are high.
- Check pollen counts for your area by visiting [www.southwestohioair.org](http://www.southwestohioair.org).

### **What's Happening at WCHD?**



We are hitting the road this month! To see where we are headed, visit [warrencohealthoh.gov/mobile-clinic-calendar](http://warrencohealthoh.gov/mobile-clinic-calendar)



FREE naloxone kits and fentanyl test strips. To set up a time for pick up, call 513-695-1271.



Vaccination Clinics! Adult and childhood vaccines available. Call 513-695-1468 or 513-695-1229 to get scheduled.



Health Education! The Health Education Program keeps the community informed of important health issues and implements services/programs to improve the health, safety and wellness of citizens in Warren County. For more information on programs, services or health presentations available for community groups, please contact 513-695-2475.



