



UNIVERSITY OF OREGON



## **Did You Nose?**

**(Helpful hints to reduce “hayfever” symptoms)**

**Avoid allergens** – limit outside activities, exercise in the early morning, don’t lie in the grass, and wear sunglasses

**Remove the allergens** – rinse eyes, wash hair, and shower after spending time outside

**Keep doors and windows closed** in the home and in your car when pollen counts are high

**Wash bedding frequently** and in hot water

**Wear a pollen mask** if particularly sensitive

**Start allergy medications early in the season** – don’t wait until you’re miserable

**Over the counter medications** such as antihistamines (Claritin & Zyrtec – non-sedative) and allergy eye-drops (Op-Con-A & Zaditor) are available at the health center pharmacy for low cost and can be charged to your Oregon Hall account

**If no relief, call the Health Center Allergy Clinic at 346-2739 and talk with a nurse**

**Check out the pollen at:**

**<http://www.aaaai.org/nab/index.cfm?p=allergenreport>**