



# Health Awareness

## Outdoor Fun Is Nothing To Sneeze At: Quick Tips To Help Keep Allergy Symptoms From Slowing You Down

(NAPSA)—If you're among the more than 50 million people in the U.S. who suffer from allergies, there's good news. That's because there may be a number of helpful steps you can take to help you manage your symptoms.

### Symptoms And Causes

Common allergy symptoms include sneezing, wheezing, runny nose, and itchy, watery, red eyes. These symptoms can be triggered by a number of stimuli, such as:

- Pollen from trees, grasses and weeds
- Dust that contains dust mites, pollen, mold and animal dander as well as irritants
- Furry animals, such as cats, dogs, rabbits and other pets
- Fungi, including molds too small to be seen with the naked eye.

### Managing The Symptoms

- Exercise indoors whenever possible or find a place that's somewhat removed from trees, bushes or blossoming plants.

Many avoid exercising outdoors in the early morning between the hours of 5:00 and 10:00 a.m., since that's the time when pollen is usually emitted.

- If you are going to be outside, whether for a jog, running errands or attending a function such as a wedding or baseball game, make sure to change outfits when you get home and launder the items worn outdoors as soon as you can to limit exposure to allergens in the home.

You'll also need to wash your hands and rinse your eyes in cold water to clear residual pollen.



Common allergy symptoms, such as sneezing or watery eyes, can be triggered by a wide variety of allergens, including dust, pollen from trees or grasses, fungi and furry animals.

- Consider making a few adjustments at home to limit your exposure to allergens. Consider using mattress and pillow covers that create a barrier between you and irritating dust-mite allergens that usually hide in mattresses and pillows.

Also, allergens can linger in carpets and rugs, so it's wise to vacuum frequently.

Dr. Beth E. Corn, chief of the Allergy/Asthma Clinic at the Mount Sinai School of Medicine, advises asking your physician if he or she recommends using long-acting, over-the-counter antihistamine medications.

Allergy sufferers should take

medications at least one hour before heading outdoors, but for fast soothing relief of your allergy-related cough and sore throat, they might consider using a cough drop, such as HALLS with Advanced Vapor Action formula, as a complement to their allergy medication.

HALLS starts working within 10 seconds to provide relief for irritated and sore throats due to allergy-related stimuli including pollen, dust and mold. They can fight coughs, calm an irritated, scratchy throat and cool nasal passages when you aren't feeling your best.

To learn more, visit [www.gethalls.com](http://www.gethalls.com).