

SEASONAL ALLERGIES

WHAT YOU NEED TO KNOW?

WHEN ALLERGIES ARE THEIR WORST?

THE DURATION OF ALLERGY SEASON DEPENDS UPON WHAT A PERSON IS ALLERGIC TO. IN CANADA, THIS MEANS ANYWHERE FROM EARLY SPRING ALL THE WAY THROUGH TO LATE FALL.

APRIL & MAY TREE POLLEN COUNTS ARE AT THEIR PEAK DURING THIS TIME OF THE YEAR.

JUNE & JULY THIS IS THE TIME WHEN GRASS POLLEN IS AT ITS HIGHEST LEVEL.

MID-JULY THIS IS THE TIME WHEN INDIVIDUALS WITH MOLD ALLERGIES TEND TO FEEL THEIR WORST.

AUGUST - OCTOBER RAGWEED SEASON EXTENDS FROM LATE SUMMER TO EARLY AUTUMN.



TIPS TO SURVIVE SEASONAL ALLERGIES

- REDUCE THE HUMIDITY LEVEL.
- VACUUM AND DUST REGULARLY.
- WEAR A HAT AND SUNGLASSES TO PREVENT POLLEN FROM LANDING ON YOUR HEAD OR IN YOUR EYES.
- USE A NASAL SALINE SOLUTION TO WASH AWAY POLLEN YOU HAVE ALREADY INHALED.
- USE EYE DROPS IF YOUR EYES ARE DRY AND ITCHY. EYE DROPS CAN HELP BOTH WITH FLUSHING POLLEN OUT OF YOUR EYES AND REMOISTURIZING DRY EYES.

SYMPTOMS

WHAT ARE THE SYMPTOMS OF SEASONAL ALLERGIES?



RUNNY NOSE



SCRATCHY THROAT



ITCHY/WATERY EYES



SNEEZING

FACTS



20-25% The percentage of Canadians suffering from "hay fever".

You have a 30-40% chances of becoming an allergy sufferer if one of your parents have allergies.



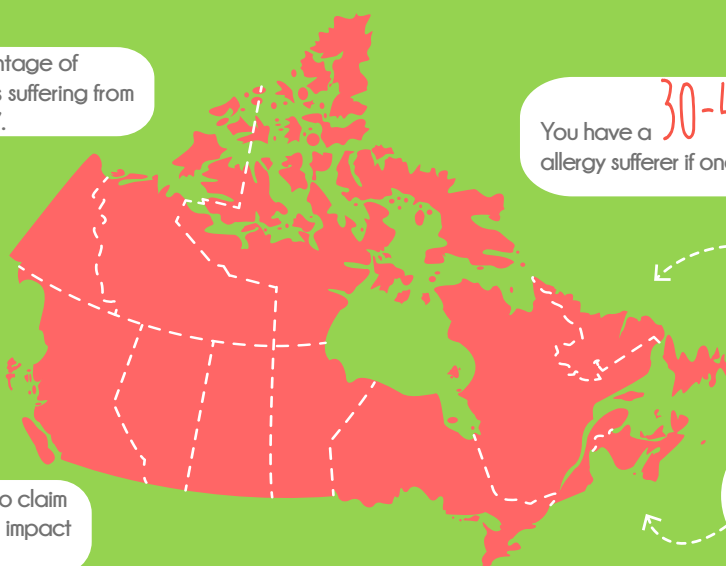
10 M Canadians may suffer allergy symptoms.



55% Of Canadians who claim that their allergies impact their productivity.



1/4 Canadians saying that they limit outdoor activities to avoid allergy symptoms.



DO'S & DON'TS

DO
KEEP WINDOWS CLOSED AND USE AIR CONDITIONING.

DON'T
MOW LAWNS OR RAKE LEAVES.

DON'T
DRY SHEETS OR CLOTHES OUTDOORS.

DO
WASH YOUR BEDDING IN HOT WATER EVERY WEEK.

