

Mayo Clinic Minute

Tips to protect yourself from spring allergies

| Video | Audio |
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| | Springtime brings warmer temperatures and blooming trees. |
| | But, for close to 1 in 3 Americans, it also brings annoying seasonal allergies. |
| 00:01:49 | “So this includes itchy, watery eyes; itchy, watery nose; nasal congestion.” |
| | Dr. Alexei Gonzalez Estrada, a Mayo Clinic allergy specialist, says the most common culprit is pollen. |
| 00:03:21 Alexei Gonzalez Estrada, M.D. Allergy and Immunology Mayo Clinic | “So pollen affects people in the springtime because that’s when trees start pollinating, and that pollen flies miles and miles around the area. And it’s such a small particle that goes through your nose, and it affects your upper airway.” |
| | When you have a pollen allergy, your immune system identifies the pollen as harmful and essentially overreacts. |
| | Dr. Gonzalez Estrada says there are over-the-counter and prescription medicines you can take to treat allergies, as well as getting allergy shots in more extreme cases. |
| | But the easiest thing to do, he says, is avoid or limit exposure. |
| 00:09:13 | “Obviously, you can’t live in a bubble, but air conditioning is going to be your friend. So keep your air conditioning on in your car, in your house.” |
| | Dr. Gonzalez Estrada also recommends people change their clothes after coming inside to remove pollen that might have stuck to you, and showering before bed to get rid of pollen that might stick in your hair. |
| | For the Mayo Clinic News Network, I’m Ian Roth. |

