### Mayo Clinic Minute: How to manage hay fever symptoms

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| Jay-Sheree Allen, M.D.  
Family Medicine  
Mayo Clinic | "Your immune system can overreact or create antibodies to fight things that aren't necessarily as harmful as it thinks."
| Think of it as an overreaction to foreign bodies, like pollen or ragweed, says Dr. Jay-Sheree Allen. | "That causes those symptoms you'd experience, like a runny nose, watery eyes, sneezing."
| Triggers include exposure to tree, grass, weed pollens and other plants. | Allergies can't be cured, but often symptoms can be relieved.

Dr. Allen says to try to:

- Avoid exposure.
- Use a nasal rinse.
- Decongestants may help.
- Ensure that air around you is clean.

"Maybe you need a filter in your home. And sometimes even a humidifier can be very helpful if it's really bad."

And see an allergist if you can't get relief.

For the Mayo Clinic News Network, I'm Joel Streed.