

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

Video	Audio
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: <ul data-bbox="732 768 1279 917" style="list-style-type: none"><li>• Avoid exposure.</li><li>• Use a nasal rinse.</li><li>• Decongestants may help.</li><li>• Ensure that air around you is clean.</li></ul>
	"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.