

**Mayo Clinic Minute: How to get hay fever relief from fall allergies**

<b>VIDEO</b>	<b>AUDIO</b>
<b>01:47</b> <b>Dr. Li</b>	"Fall is a very common season for seasonal allergies to kick in."
<b>Jason</b>	And ragweed is usually the biggest culprit.
<b>05:27</b> <b>James Li, M.D, Ph.D.</b> <b>Allergy and Immunology</b> <b>Mayo Clinic</b>	"If an allergic person with ragweed sensitivity goes outside, they inhale ragweed pollen grains — little pollen plant proteins — that land in the lining of the nose. And in that allergic person, there is an inflammatory response — ...
<b>Jason</b>	... making life miserable for people with seasonal allergies.
<b>04:45</b> <b>Dr. Li</b>	"Nasal congestion, sneezing, runny nose, maybe itching of the nose or the mouth, as well as similar eye symptoms — eyes water, turn red or get itchy."
<b>Jason</b>	The first step in getting relief: Reduce your exposure by limiting time outdoors when pollen counts are high.
<b>Jason</b>	Second: Try over-the-counter medications, like antihistamines, decongestants and allergy nasal sprays, which can help control the symptoms.
<b>Jason</b>	And if those don't help, make an appointment with a health care professional, like an allergist.
<b>10:45</b> <b>Dr. Li</b>	"We'll go through the allergy tests, and one of the treatments we will at least talk about would be allergy shots."
<b>11:39</b> <b>Dr. Li</b>	"And the payoff is that their allergy symptoms can be significantly improved."
<b>Jason</b>	For the Mayo Clinic News Network, I'm Jason Howland.