

knowledge is power


Managing Seasonal Allergic Rhinitis

What is rhinitis? Clinical term for year round or seasonal nasal inflammation also known as hay fever or environmental allergies. Symptoms include sneezing, runny or stuffy nose, itchy and watery eyes, and post-nasal drip.

Know your rhinitis triggers!

Non-allergic rhinitis: Caused by irritants such as smoke, dust, strong odors, changes in temperature or humidity, or by hormonal changes during pregnancy or menstruation.

Allergic rhinitis: Triggered by an allergic reaction to inhaled substances like pollen, dust mites, pet dander, or mold.

 **Identify your triggers and the type of rhinitis you have with allergy blood testing.**
Learn more on Allergy Insider!



Your Seasonal Rhinitis Planning Checklist



SPRING

- Get to your healthcare provider (HCP) early, before allergens bloom, and ensure you have the correct medications.
- Check and track pollen levels before going out.
- Deep clean your home, especially bedrooms, to remove dust and mold.
- Wear a hat, mask or sunglasses to block pollen.

SUMMER

- Shower and change clothes after high-pollen outdoor exposure.
- Shut windows, use air purifiers indoors, and avoid drying clothes outside.
- Garden on low pollen days or hire help.
- Wipe or brush your pup after walks to minimize bringing pollen inside.

FALL


- Allergens and viruses coincide during **Ashtma Peak Week!** Consult with your HCP about medication updates before the school term starts (viruses circulate even if you don't have kids!)
- Rake leaves promptly to prevent mold growth.
- Use allergen impermeable encasings for pillows and mattresses.



WINTER

- Use a humidifier to aid against nasal dryness and congestion. Keep indoor humidity between 30-50% to avoid dust mites and mold growth.
- Use saline nasal rinses to soothe and relieve congestion and soreness from excessive nose-blowing.
- Wash bedding regularly using hot water to remove dust mites.



 **ZESTFULL PRO TIP!**
We suggest prioritizing the use of HEPA filters in your home in the spring.