

Rinse Wisely

Shampoo your hair in the evening to wash away unwanted seasonal pollens and molds

Don't use hair gel and similar hair-care products that can act as "pollen magnets"

Wash bed linens weekly

Stay Shady

Wear big sunglasses to block pollen entry into your eyes and eyelids, especially on windy days

Avoid the Pollen Problem

Consider exercising indoors on high pollen days, which is usually during warm, dry, sunny and windy weather

Never line dry clothing outdoors on high-pollen days, as it will adhere to your clothes

Remove shoes when entering the home to prevent irritants from tracking inside

Plan Ahead and Know Your Pollen Count

Go to AAAAI.org/NAB for accurate pollen and mold levels in your area.