

Seasonal Allergies



If you're one of the millions of people who have seasonal allergies - sneezing, congestion, a runny nose and other bothersome symptoms are what you experience. Seasonal allergies – also called hay fever and allergic rhinitis – can make you miserable. But before you settle for plastic flowers and artificial turf, try these simple strategies to keep seasonal allergies under control.

Reduce your exposure to allergy triggers

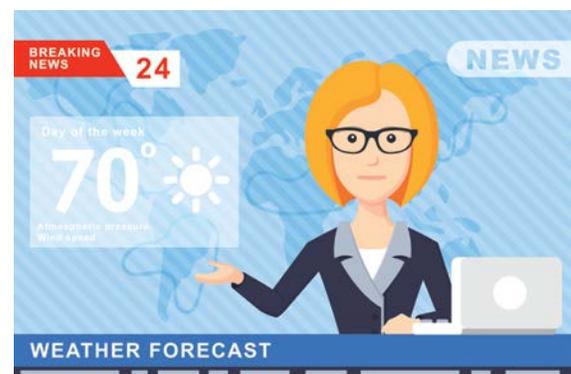
To reduce your exposure to the things that trigger your allergy signs and symptoms (allergens):

- Stay indoors on dry, windy days. The best time to go outside is after a good rain, which helps clear pollen from the air.
- Delegate lawn mowing, weed pulling and other gardening chores that stir up allergens.
- Remove clothes you've worn outside and shower to rinse pollen from your skin and hair.
- Don't hang laundry outside – pollen can stick to sheets and towels.
- Wear a pollen mask if you do outside chores.

Take extra steps when pollen counts are high

Seasonal allergy signs and symptoms can flare up when there's a lot of pollen in the air. These steps can help you reduce your exposure:

- Check your local TV or radio station, your local newspaper, or the Internet for pollen forecasts and current pollen levels.
- If high pollen counts are forecasted, start taking allergy medications before your symptoms start.
- Close doors and windows at night or any other time when pollen counts are high.
- Avoid outdoor activity in the early morning when pollen counts are highest.*



If you have bad seasonal allergies, your doctor may recommend that you have skin tests or blood tests to find out exactly what allergens trigger your symptoms. Testing can help determine what steps you need to take to avoid your specific triggers and identify which treatments are likely to work best for you.

For more information on PrimeCare, call our toll-free number or visit our website:

1-888-313-7929 | primecare.com

PrimeCare
Part of OptumCare®

*Mayo Clinic Staff. Seasonal Allergies: Nip Them in the Bud. Mayo Clinic. Last modified Dec. 29, 2015. <http://www.mayoclinic.org/diseases-conditions/hay-fever/in-depth/seasonal-allergies/art-0048343>

The company does not discriminate on the basis of race, color, national origin, sex, age, or disability in health programs and activities.

We provide free services to help you communicate with us. Such as, letters in other languages or large print. Or, you can ask for an interpreter. To ask for help, please call 1-800-956-8000.

ATENCIÓN: Si habla español (Spanish), hay servicios de asistencia de idiomas, sin cargo, a su disposición. Llame al 1-800-956-8000.

請注意：如果您說中文 (Chinese)，我們免費為您提供語言協助服務。請致電：1-800-956-8000。

PrimeCare is part of OptumCare®, a leading health care delivery organization that is reinventing health care to help keep people healthier and feeling their best. Learn more at optumcare.com. Optum® and OptumCare® are trademarks of Optum, Inc.

© 2017 PrimeCare Medical Network, Inc. All rights reserved.