Seasonal Allergies

During allergy season:

- Avoid opening windows in the home and car in the middle of the day

- Take allergy medicine as directed

- Limit time spent outdoors when the pollen level is high

- Have your child wash hands and change clothes when coming inside

- Take a bath or shower at bedtime after being outdoors

- Check www.pollen.com for current pollen level or tune into the local news in your area

- Other allergy tips:

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For more information, visit www.ChildrensNational.org/IMPACTDC  Revised: 05/2016