

## 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](http://www.pollen.com) for current pollen level or tune into the local news in your area
- Other allergy tips:

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