

# TOOLBOX TALKS

*A Quality Service Contractors Publication for Members*

## Six Ways to prepare for the Allergy Season

Seasonal allergies have a way of creeping up on you, making you feel less than your usual, productive self. Taking a few steps prior to the onset of allergy season can help give you the upper hand in managing those early spring allergies once they hit.



### 1. CHECK YOUR MEDICINE CABINET

Be ready to start your allergy medication when symptoms begin. That way, you can limit their severity. Go through your medicine cabinet, check packaging and labels, and toss anything past its expiration date.



### 2. GET OUT YOUR SUNGLASSES AND A WIDE-BRIMMED HAT

Wearing a hat and sunglasses when you head outside will limit the amount of pollen that blows into your eyes.<sup>1</sup> And they'll protect you from harmful UV sunrays at the same time.



### 3. START WATCHING LOCAL POLLEN REPORTS

Keep an eye on local pollen counts, so you'll know when allergy season kicks off in your area. Download a pollen counter or allergy app. There are quite a few apps that will tell you the pollen count for the day.



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## 4. SPRING CLEAN YOUR GARDEN

Prepare your garden for spring before peak pollen season arrives. Clear away dead leaves or plants to limit mold growth. Once the weather is warm enough, plant away!



## 5. ADD MORE FRUITS AND VEGETABLES TO YOUR DIET

Fruits and vegetables are powerful sources of antioxidants,<sup>2</sup> natural chemicals that can help you to fight the inflammation that comes with allergic reactions.<sup>3</sup>



## 6. STOCK UP ON GREEN TEA

Green tea contains natural antihistamines that can assist in your fight against allergies—and a steaming hot cup of tea soothes scratchy throats and loosens mucus at the same time.<sup>4</sup>



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