Sneezing, irritated skin or watery eyes? Allergies, for most people, are the indicator of springtime’s arrival. Allergic rhinitis, often called allergies or hay fever, occurs when your immune system overreacts to particles, in the air that you breathe. Your immune system attacks the particles in your body, causing symptoms such as sneezing and a runny nose.

TRIGGERS & SYMPTOMS
For many, allergies are caused by pollens from trees, grasses and weeds. Symptoms associated with seasonal allergies vary from person to person and may include the following:

- **Nose** - Watery nasal discharge, blocked nasal passages, sneezing, nasal itching, postnasal drip, loss of taste, facial pressure or pain.

- **Eyes** - Itchy, red eyes, feeling of grittiness in the eyes, swelling and blueness of the skin below the eyes (called "allergic shiners").

- **Throat and ears** - Sore throat, hoarse voice, congestion or popping of the ears, itching of the throat or ears.

- **Sleep** - Mouth breathing, frequent nighttime awakening, daytime fatigue, difficulty performing work.

TREATMENT

**Avoid Allergens** - By doing this, you may be able to reduce your allergy symptoms and manage them without medicine or with fewer medicines.

**Manage Symptoms** - Over-the-counter allergy medicines, such as antihistamines or decongestants, may help relieve some symptoms. Your doctor may recommend stronger medicines or suggest different treatment options.