



STATE OF ALABAMA DEPARTMENT OF
PUBLIC HEALTH

Allergies and Asthma 60 Sec PSA

This is State Health Officer, Doctor Scott Harris. More than 50 million people in the United States are affected by allergies every year, and springtime generally seems to be the worst with all of the pollen, grass and weeds in the air.

It's important to reduce your exposure to the things that trigger your allergy signs and symptoms:

- Stay indoors as much as you can on dry, windy days – the best time to go outside is after a good rain, which helps clear pollen from the air
- Wear a dust mask when doing outside chores like mowing the lawn, pulling weeds or gardening
- Remove clothes you've worn outside; you may also want to shower to rinse pollen from your skin and hair; and
- Don't hang laundry outside – pollen can stick to sheets and towels

Allergies and Asthma tend to go hand in hand – so know the symptoms, know the triggers, know the treatments and stop the allergy suffering. Visit us online at [Alabama Public Health dot g-o-v](http://AlabamaPublicHealth.gov) for more information.

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