



Seasonal Allergies



During allergy season...

- ☐ Avoid opening windows in the home and car in the middle of the day.
- ☐ Take all allergy medication as directed.
- ☐ Minimize time spent outdoors when the pollen level is high.
- ☐ Have your child take a bath or shower and change their clothes when they come inside and at bedtime.
- ☐ Check www.pollen.com for current pollen level.
- ☐ Other special goals:

