

Springtime Allergies



With spring rains, there's more mold growth inside and outside your home. Flowers, trees, weeds, and grasses also begin to blossom. And spring cleaning will stir up dust mites throughout the house.

Keep pollen under control - Wash bedding every week in hot water. Wash your hair and shower before going to bed, since pollen can accumulate in hair.

Clean every surface - Wear a mask and gloves when cleaning, vacuuming, or painting to limit dust and chemical exposure. Vacuum twice a week.

Wash rugs- Limit throw rugs to reduce dust and mold. If you do have rugs, make sure they are washable.

Keep indoor air clean- Keep windows closed to reduce pollen entering the house. Change filters in air conditioning units and vents frequently this time of year.

Consider allergy medicine- Talk to your doctor about a seasonal allergy drug that may be appropriate for your symptoms. – By WebMD

Vegetable Salsa

Ingredients

- 1 cup diced zucchini
- 1 cup chopped red onion
- 2 red bell peppers, seeded and diced
- 2 green bell peppers, seeded and diced
- 4 tomatoes, diced
- 2 garlic cloves, minced
- 1/2 cup chopped fresh cilantro
- 1 teaspoon ground black pepper
- 2 teaspoons sugar
- 1/4 cup lime juice
- 1 teaspoon salt

Directions

Wash vegetables and prepare as directed. In a large bowl, combine all the ingredients. Toss gently to mix. Cover and refrigerate for at least 30 minutes to allow the flavors to blend.



There are a number of things that you can do to reduce your exposure to the things that trigger your allergy signs and symptoms:

- ◆ Stay indoors on dry, windy days — the best time to go outside is after a good rain, which helps clear pollen from the air.
- ◆ Delegate lawn mowing, weed pulling and other gardening chores that stir up allergens.
- ◆ Remove clothes you've worn outside; you may also want to shower to rinse pollen from your skin and hair.
- ◆ Don't hang laundry outside — pollen can stick to sheets and towels.
- ◆ Wear a dust mask if you do outside chores.