

Spring allergies? don't assume it's only pollen

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(HealthDay)—Spring allergy season is here, so if you know your triggers you can start reducing your symptoms, experts say.

You may believe pollen is the [culprit](#). But, other [substances](#) such as mold may be involved in your allergies as well, according to the American College of Allergy, Asthma & Immunology. The college says more than two-thirds of people with spring allergies actually have symptoms all year long.

Here are some of the experts' tips for keeping your sniffles and sneezes at bay during allergy season:

- Monitor pollen and mold counts. This information is often included in weather reports.
- Keep windows and doors shut at home and in your car during [allergy season](#), and try to stay inside at midday and during the afternoon, when [pollen](#) counts are highest.
- When mowing the lawn or doing other outdoor chores, wear a N95 filter mask rated by the U.S. National Institute for Occupational Safety and Health, and take appropriate medication beforehand.
- After spending time outdoors, take a shower, wash your hair and change your clothes.

A number of over-the-counter and prescription medications can help control allergy symptoms, the allergists said in a college news release. Another option: allergy shots, which can help your body develop tolerance to allergens instead of reacting with symptoms such as sneezing, stuffy nose and itchy, watery eyes.

More information: The U.S. National Institutes of Health has more on [controlling seasonal allergies](#).

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