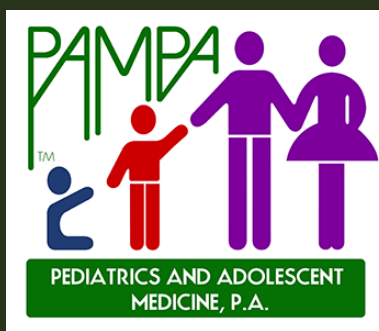




## What's Going Around?

Seasonal allergies are on the rise this Spring.



### What Causes Allergies?

Allergies are caused by a reaction from your immune system. Many people deal with seasonal allergies in the spring due to pollen from trees, grasses, and weeds. On days when the pollen count is high, keep your windows closed. After your children have been playing outside, have them take a bath and change clothes to reduce their pollen exposure.



### When To See Your Doctor

Symptoms that happen during pollen season are itchy, red, or watery eyes, clear nasal discharge with sneezing or sniffing, sinus fullness, and scratchy throat. Call your doctor if your child begins to have facial pain or headache that does not go away with allergy medications or if your child's allergies are making them uncomfortable during day to day activities.

**PRACTICE NEWS:** Our summer schedule is open through August. Call early to reserve a time and date that works best for you. Summer appointments go quickly!



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