

Five Amazing Allergy Facts

- **Hay fever sufferers should wash hair at night.**
 - Reason: You'll remove any pollen and keep it from settling on pillows and bedding.
 - Also, avoid common irritants like tobacco smoke, automobile exhaust, hair spray, and perfume. Wash hands frequently and venture outdoors only when pollen counts are low.
- **The best time to take an antihistamine, which helps block allergic reactions, is before the symptoms surface.**
 - Remember: antihistamines can cause sleepiness, so never take one any time safety requires you to be alert.
 - Suggestion: Ask your doctor about the newer types that cause less drowsiness.
- **Australian researchers found a simple solution if you're allergic to dust mites and suspect your area rugs make you sneeze and itch:**
 - Place rugs outdoors in direct sunlight for a few hours.
 - How it works: Airing out rugs and other household items dries and heats them – exterminating mites.
- **Moving to another location is no guarantee of relief for allergy sufferers.**
 - Why: You'll usually develop allergies to their new region's pollens and molds within a few years of moving.
 - Plus: most allergy-provoking grasses are widespread throughout the world.
- **As many as 20% of Americans believe they have a food allergy, but less than 1% really do.**
 - Most food "allergies" are actually signs of digestive problems, food poisoning, or stress.

Source: *Top Health*, The Health Promotion and Wellness Newsletter (February)