

- Allergies

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With the flowers blooming and trees growing new greenery, some people may feel miserable with their watery eyes and runny nose whenever going outside. Plants grow and reproduce themselves through pollen, which is light enough to travel through air. With more than 25 million Americans allergic to pollen, common symptoms are itchy throat, watery eyes, runny or stuffy nose, sneezing, and coughing.

In many parts of the United States, spring allergies begin in February and last until the early summer. The year usually begins with tree pollination, followed by grass pollination in the spring and summer and ragweed in the late summer and fall. While the timing and severity of an allergy season can vary across the country, there are also climate factors that influence how bad the symptoms might be. During the cool nights and warm days, tree, grass, and ragweed pollens thrive, and molds grow quickly in heat and high humidity. Although rain washed pollen away, pollen counts can soar after rainfall. On days with no wind, airborne allergens are grounded, whereas pollen counts surge on windy and warm days. Because allergens are basically everywhere, moving to another climate to avoid allergies is usually unsuccessful.

Allergy shots are useful to help with allergy symptoms and truly make the individual less allergic the more it is used. Although pollen may be the main cause for suffering in the spring, more than two-thirds of the people who have spring allergies also have year-round symptoms. To help prevent sniffing and watery eyes, keep windows and doors shut at home and in the car during allergy season. To avoid pollen, learn which pollens have the most effect and check its pollen count to help prepare for the day. Taking a shower after being outdoors can help wash off the pollen that sticks, and wearing masks while doing yard work can help prevent breathing any in.