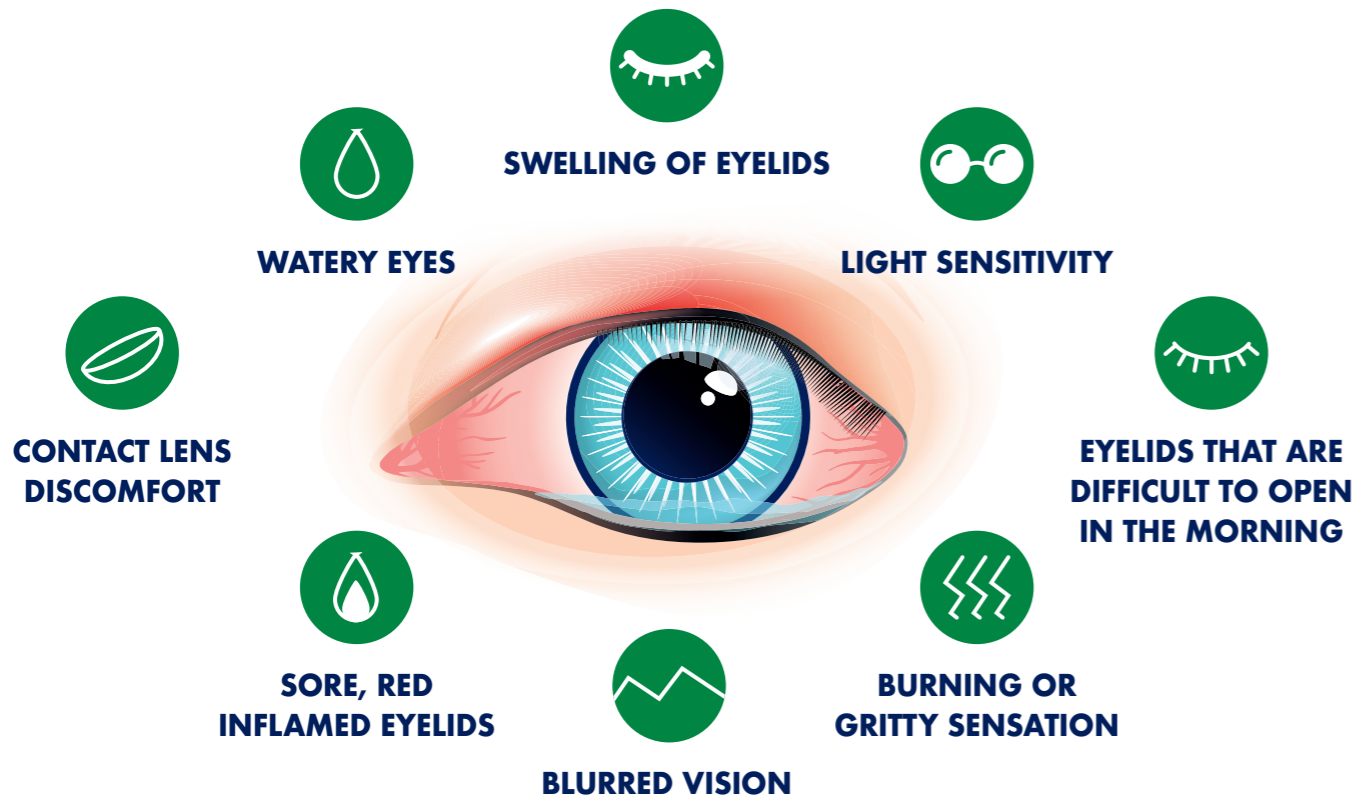


Seasonal Eye Allergy

What to look out for






Be familiar with the pollen seasons

The pollen season begins early in the year, peaking in the summer months. Different pollens peak at different times throughout the year. It's important to know **which ones trigger your allergy symptoms** so that you can act to prevent symptoms pre-season.







Tips to relieve eye allergy symptoms

DO

-  **Close windows and doors** during high pollen periods and use A/C in your home or car
-  **Wear glasses/sunglasses** when outdoors to shield your eyes from pollen
-  **Wash and vacuum bedsheets regularly** to remove residual pollen

AVOID

-  **Cut grass or walking on grass**
-  **Smoking or being in the presence of smoke**
-  **Drying clothes outside**
-  **Keeping flowers indoors**

More advice

Consult your local healthcare professional for more information on seasonal eye allergies and available treatment options

