

## Allergic rhinitis is a year round concern

### ANCHOR LEDE

When the temperature starts to warm up, so does the concern for allergies. But one condition – allergic rhinitis, commonly known as hay fever – isn't confined to March, April and May.

### TAKE VO

OSF HealthCare pediatrician Doctor Luis Garcia says allergic rhinitis describes chronic swelling of the tissue inside your nose due to an allergic reaction. It's commonly triggered by inhaling irritants like dust, pollen and bacteria through the nose. Sneezing, itchiness and a blocked or runny nose often follow.

Treatment includes flushing your nose with salt water, medication, and immunotherapy for severe cases.

### \*\*\*SOT\*\*\*

Dr. Luis Garcia, OSF HealthCare pediatrician

"Immunotherapy sort of helps your body switch on and switch off the immune responses. You could get it in shots or take the substance under the tongue." (:19)

### VO TAG

Ways to prevent hay fever include:

- Close doors and windows in your home.
- Use an air purifier to remove dust from the air.
- Avoid touching your face.
- Keep your home clean, especially if you have pets.
- Watch the weather forecast. If you know a dry, dusty day is coming, stay indoors.
- Keep a journal of when your allergies are at their worst. You may be able to pick up on patterns and avoid triggers.