



# Fall Allergy Guide

**Allergy & Asthma Care, Inc.**  
Dr. John Seyerle  
Dr. Ashish Mathur  
Dr. Jeff Raub  
[Allergy-asthmacare.com](http://Allergy-asthmacare.com)



## Fact #1:

# Ragweed is probably your kryptonite.

If you have fall allergies, there's a good chance you're allergic to ragweed. Usually, ragweed impacts people who live in the East and Midwest. But, weirdly enough, you don't have to live anywhere near ragweed to be affected.

## Weird but true:

Pollen from ragweed can travel up to hundreds of miles.



## Fun Fact:

Some fruits and veggies (bananas, melons, zucchini) that cross-react with ragweed can cause itching of the mouth and throat.

Besides ragweed, the most common causes of fall allergies are mold and dust mites. In the fall, mold loves to hide out in wet spots in your yard – like piles of leaves in your yard and your gutters. Dust mites get stirred up once you turn your heater back on in the colder months.

## Fact #2:

Just because you're sniffing, it doesn't necessarily mean you have a cold.

Sometimes, it's tough to figure out whether you're sniffly from a cold – or if it's allergies.

## Fall Allergy Symptoms

- Runny nose
- Watery eyes
- Sneezing
- Coughing
- Itchy eyes
- Itchy nose
- Dark circles under eyes



A cold can last anywhere from 3-14 days, while allergies stick around until 1.) the allergen has been completely eliminated or 2.) allergy treatments take effect. If your symptoms last longer than 14 days, see a doctor. A board certified allergist can review your symptoms and recommend a treatment plan.

## Fact #3:

# Fall allergy symptoms can improve.

Board certified allergists are trained to identify what's causing your allergies. Whether it's ragweed or other allergens, they can discover what's causing your fall allergy symptoms and how to help.



## How Do I Know?

To start, your allergist will review your full medical history. From there, you may need to do a skin test or a blood test.

Skin tests often involve the allergist pricking your skin with just a tiny bit of the suspected allergen. If your skin reacts (it may look like a mosquito bite), you're likely allergic to that substance.

Your allergist may also opt to do a blood test. Sometimes, blood tests are performed when patients cannot do a skin test. It can take several days to get results back from blood tests.

## Fact #4:

# There are simple things you can do to feel better.



## Treatment Options

Your allergist may try one or more of the following options to give you some relief:

- Immunotherapy via allergy shots or oral tablets
- Steroid nasal sprays to reduce nose inflammation
- Antihistamines to reduce sneezing, sniffing, and itching
- Over-the-counter allergy medications are available, but ask your allergist which one is right for you.

## Top Tips to Manage Fall Allergy Symptoms

- While they're called fall allergies, symptoms can start as early as mid-August. Start taking your allergy medications about two weeks before symptoms typically start.
- Stay indoors with the doors and windows closed when pollen is at its peak (usually in the late morning or midday). Check your local weather report daily for pollen counts.
- Wash your linens, curtains, and clothes on a regular basis. This probably goes without saying, but don't line dry your clothes outside.
- Take your shoes and jackets off before you go inside the house. This will help keep pollen and ragweed from being in your living areas.

# More Fall Allergy Prevention Tips

Keep symptoms at bay with these quick tips.



- If you have pets, bathe them regularly.
- Before you turn on your heat for the first time, clean your heating vents and change the filter. Bits of mold and other allergens can get trapped in the vents over the summer and will fill the air as soon as you start the furnace. Also, use a HEPA filter in your heating system to remove pollen, mold, and other particles from the air.
- Use a dehumidifier to keep your air at between 35% and 50% humidity.
- Those with allergies should wear an NIOSH rated N95 mask when raking leaves, mowing the lawn and gardening. This is especially true on windy days. Also, wear gloves so you don't transfer pollen to your skin. If your allergies are especially severe, you may want to consider outsourcing your gardening and yard work to someone else.
- To avoid mold, keep compost bins and piles of leaves/yard waste as far away from the house as possible. Also, be sure to remove leaves from gutters.
- Keep bathrooms clean of mold and mildew by regularly cleaning with vinegar or cleaners that remove mold.
- Kids often get fall allergies during back-to-school time because dust and mold are common in schools. Make sure school administrators and nurses are aware of your child's allergies and any needed medications, especially emergency medications.
- To reduce dust mites, clean air vents and consider installing hardwood floors instead of carpeting.

# Thanks for reading!

We hope our Fall Allergy Guide helped get you through the fall season. For more information about allergies and asthma care, visit our website at [allergy-asthmacare.com](http://allergy-asthmacare.com)

Dr. John Seyerle

Dr. Ashish Mathur

Dr. Jeff Raub

Allergy & Asthma Care Inc.

[allergy-asthmacare.com](http://allergy-asthmacare.com)