

Wellness Articles

Attached are weekly health and wellness articles provided by Alberta Health Services. As a way to help all Albertans live a healthy life, we welcome and encourage weekly newspapers, community newsletters and other publications to reproduce this information free of charge. Credit to Alberta Health Services or the identified content provider would be appreciated.

If you would like to be added to the distribution list for these articles, please email: Rebecca.johnson2@albertahealthservices.ca. You will receive a monthly email containing articles for the upcoming four weeks.

An archive of past wellness articles is available at <http://www.albertahealthservices.ca/9966.asp>

Proposed publication date: May 20, 2019

Content provided by: Alberta Health Services – Andrea Juarez

Protecting yourself from allergies.

Seasonal allergies occur at the same time of the year, every year. Exposure to pollen and snow mold, a type of fungus on grass after snow melts, may cause allergic symptoms.

These symptoms may include itchy and watery eyes, sneezing, headache, fatigue and a runny, stuffy or itchy nose.

“Cleaning the inside of your nose with salt water, using a humidifier in the bedroom and taking hot showers may help relieve symptoms,” says Yvonne Ewanicke, a site manager at Health Link. “You can also try taking an over-the-counter antihistamine to relieve symptoms.”

If symptoms continue, ask your doctor if immunotherapy or allergy shots might help you. They help prevent and reduce allergies.

Visit myhealth.alberta.ca or call 811 for more information.