

# Tips for being active outdoors with allergies



Springtime is a season that many look forward to as days get longer and the weather warms up. But for many, seasonal allergies can make them think twice about going outside. If you are hoping for more outdoor activity this spring but suffer from allergies, try these tips to help prevent or reduce the severity of your symptoms.



## Figure out what you're allergic to

A doctor can help you figure out which pollens trigger your allergies. With more knowledge about your allergies, you can learn the best way to reduce or prevent symptoms.



## Start taking allergy medicine before allergy season starts

This may help increase the effectiveness of your allergy medications. Allergy medications are available over the counter or with a prescription.



## Exercise when pollen counts are low

Depending on what you are allergic to, different times of day may be better for your outdoor activity. Pollen counts may be highest at midday, so try to be active outside in the morning. You can check local weather forecasts for pollen counts in your area.



## Stay inside on windy days

Windy days can mean more pollen in the air. Try yoga or other indoor activities on windy days.



## Shower after outdoor activity or at night before bed

This helps keep allergens off your skin, hair and sheets. Wash your bedding and towels once a week.



## Talk to a doctor about trying nasal allergy sprays

Nasal allergy sprays may be more effective at reducing your symptoms. Check with a doctor to see what might work for you.



## Want to give these tips a try?

Here are some outdoor activities to do this spring:

- Garden with plants that don't trigger your allergies
- Take a walk around your neighborhood or in a local park
- Try an outdoor yoga or tai chi class
- Volunteer to walk dogs at a local animal shelter (skip this option if you're allergic to pet dander)
- Go for a bike ride
- Try a golf or tennis lesson
- Swim or take a water aerobics class at a community pool
- Near water? Rent a kayak or stand-up paddleboard

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