



They're Here...

How to Address Springtime Allergies

After a long winter, feeling the sun and a cool-yet-warm breeze is such a satisfying feeling. Springtime is a blissful season that allows us to get out our favorite pair of shorts and roll down the windows.

This season is a relief from those cold months, but many Georgians actually need relief from spring. Allergy symptoms such as itchy eyes, a stuffy nose and even skin irritations, can be not only bothersome but even debilitating in extreme cases. Oftentimes, we're grasping at straws, trying to find the right remedy for spring allergies, but nothing seems to work. So the Morrow Team thought we would share a few tips to help you address your seasonal allergies and allow you to enjoy spring again.

5 Springtime Suggestions for Seasonal Allergies

- 1. Wash your hands.** After being outside, wash your hands and face. This can help prevent or soothe itchy eyes. Additionally, be mindful of how often you rub your eyes as this could irritate them more.

2. **Monitor your time outside.** If you suffer from seasonal allergies, keep in mind that every minute spent outside counts. To make the most of your time outside, know that the pollen count will typically be at its highest in the morning, so avoid being outdoors during those times. Also, dry and windy days have high pollen counts, so for the lowest pollen count, enjoy your time under the sun after it has rained.

3. **Be aware of pollen.** In Georgia, pollen is hard to ignore; it's essentially ubiquitous. When the weather is nice, you might be tempted to crack your house's windows and let a nice breeze in. Be aware that this is also inviting pollen into your home. Small steps such as taking off your shoes as you enter your home can reduce the amount of pollen that gets tracked into the house.



4. **Wear a mask when possible.** While you probably don't need to go to the grocery store with a dust mask on, it wouldn't hurt to wear a dust mask when spending time outside. Wear a mask when doing activities such as yard work to prevent excessive pollen and dust inhalation. Additionally, wear glasses or sunglasses to reduce the amount of pollen that gets into your eyes.

5. **Get an opinion.** Everyone is different. There's no one-size-fits-all solution to allergies for everyone. That being said, over-the-counter products might not be your solution. An examination by a medical professional, such as those at Morrow Family Medicine, could help you find a course of treatment that will make this spring the most enjoyable one you've had in years.

Book an Appointment at Morrow Family Medicine

Ready to enjoy one of Georgia's most beautiful seasons? Don't let seasonal allergies deter you from appreciating spring. Contact us today to schedule an appointment. We're looking forward to helping you.

To Your Health!
The Morrow Family Medicine Team

Visit us at: [Morrow Family Medicine](#) or call us at: **770-781-8004**.



We are committed to your health and well-being. We utilize state of the art technology and old fashioned attitudes to care for all our patients. To learn more about us visit Morrow Family Medicine's [LinkedIn](#) page. Morrow Family is the proud recipient of the **Best of Forsyth** award for **2015, 2016** and **2017**. **Morrow Family Medicine is now available to see you at two locations: Cumming**- 3970 Deputy Bill Cantrell Memorial Highway, Suite 150, Cumming, GA 30040; **Milton** - 12970 Highway 9, Milton, GA 30004.





Dr. Jim Morrow



Check out the latest podcast episode from Dr. Morrow as he discusses a very important and trending topic...Vaping. Why is it so popular? What does Vaping do? Is it safe? [Listen Now...](#)

The Morrow Community Foundation



Our mission is to support the people of Forsyth County who are financially unable to provide for the educational needs of their children. Specifically, we are supporting the technology initiative titled Bring Your Own Technology, or **BYOT**.

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SAVE THE DATE- MAY 6, 2019 for The Forsyth BYOT Golf Tournament at the Polo Golf & Country Club.

The Tournament is May 6, 2019. Registration is at 7:30 a.m. Shotgun start at 9:00.

We offer a breakfast and coffee bar and a Bloody Mary bar before the start. Each golfer gets a free snack and drink during play and then a full barbecue buffet after the finish with a raffle, silent auction and awards to follow.

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