

Ready for pollen season?



Spring is right around the corner!

Here are 4 ways to reduce your risk of spring allergies.

1

**Stay indoors when the
air is dry or it's windy
outside.**

3

**Avoid mowing the
lawn when the pollen
count is high.**

2

**Keep windows closed
and use A/C to filter
out pollen.**

4

**Shower and change your
clothes after being
outside.**

Nip spring allergies in the bud!

Go to firststophealth.com, get the app or scan here
to request a First Stop Health visit.

