

Spring allergy symptoms you shouldn't ignore



Allergy season is right around the corner! Be on the lookout for these common spring allergy symptoms.



Stuffy or Runny Nose

Frequent sneezing, a runny nose, or congestion could be signs of spring allergies.



Tiredness

Allergies can make you feel drained and worn out, even after a full night's sleep.



Watery Eyes

Red, itchy, puffy, and watery eyes are common signs of spring allergies.



Persistent Cough

A cough that lasts for weeks, especially if it's paired with clear mucus.



Sinus Pain

Sinus pain or headaches are common signs of seasonal allergies.



Itchy skin

Spring allergies can cause skin reactions like hives or eczema, leading to itchiness.



Aren't sure if it's allergies or something else?
Talk to a doctor at First Stop Health!