

Ready for pollen season?



Spring is right around the corner!

Here are 4 ways to reduce the effects 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.

