

## how to minimize pollen contact

There are several things that can be done against pollen allergies. The first and most effective is (as with any allergy) to avoid or minimize the contact with the allergen (in this case pollen). You may think this is impossible, but we have some help for you: Information about where to travel to to get relief. It is certainly a good idea to have a look at these pages before planning your vacation

If you can't escape: Here are some hints for how to minimize pollen contact during the season. It's not that difficult.

### **stay indoors**

In particular on warm, sunny days with moderate wind the pollen loads can reach extremely high value. It is therefore wise to remain indoors with windows closed (or protected by a pollen screen e.g. <sup>TM</sup>TESA for your windows)

### **use the filter effect of the leaves of deciduous forests**

Forests are almost perfect filter machines. Once you are inside, the pollen concentration of the air is markedly reduced.

### **no physical exercises outdoors during the pollen season!**

The more air you breathe, the more pollen you inhale with. It may be better to do physical exercises in a gym hall. - However, some long distance runners reported a complete disappearance of symptoms after having run some longer distance.

### **no alcohol**

Alcohol widens the blood vessels - also in the mucosa, which becomes thus more permeable and will lead to more intense allergic reactions. Some drugs show similar effect.

### **wear sunglasses (and a hat)**

Sunglasses prevent to some extent your eyes from pollen contact and protect them from sun radiation which irritates the highly sensitive mucous membranes of allergy affected eyes. A hat with wide brim may have an additional effect.

### **filters**

Filter masks make you look like a surgeon or an over-cautious patient, but they are effective indeed. Pollen filters for cars are meanwhile already standard but must be maintained (replaced) in order to guarantee good function. Also filter sheets for the window (<sup>TM</sup>TESA pollen screen) are very useful.

### **rinse your nose with salty water**

Blood-isotonic salt water rinses do not only clean your nose from dust, but remove the allergenic molecules from the mucosa, as they are all instant water soluble. A suitable solution is 2-3 spoonful of salt resolved in one litre of lukewarm water.

So, most of the time it is not possible to fully escape the pollen and sometimes the hints presented above are still not good enough. There are some other things that can be done against allergies:

There are some useful drugs, but most of them you have to take a certain amount of time **before** you come in contact with the allergen.

Immunotherapy (Hyposensitization) is a technique used for getting rid of very severe allergies.