Public Service Message for Pollen by NIH

Pollen is one of the most common triggers of seasonal allergies. Many people know pollen allergy as "hay fever." Experts usually refer to pollen allergy as "seasonal allergic rhinitis."

Each spring, summer and fall, plants release tiny pollen grains to fertilize other plants of the same species. Most of the pollens that cause allergic reactions come from trees, weeds and grasses. These plants make small, light and dry pollen grains that travel by the wind.

A pollen count is how much pollen is in the air. This is often reported during pollen season on local weather forecasts. Sometimes the main types of pollen are also reported.

Following preventive steps may be useful during the pollen season:

- Limit your outdoor activities when pollen counts are high.
- Keep windows and doors closed during pollen season. This applies to home and vehicle
- Start taking allergy medicine before pollen season begins. This allows the medicine to prevent your body from releasing histamine and other chemicals that cause your symptoms.
- Bath and shampoo your hair daily before going to bed. This will remove pollen from your hair and skin and keep it off your bedding.
- Wash bedding in hot, soapy water once a week.
- Wear sunglasses and a hat. This will help keep pollen out of your eyes and off your hair.
- Limit close contact with pets that spend a lot of time outdoors. Keeping the pet animals out of home as their dander can aggravate allergic symptoms.
- Change and wash clothes worn during outdoor activities.
- Dry your clothes in a clothes dryer, not on an outdoor line.
- Taking care of cleanliness of rooms and taking out carpets and other dust catching linens in the rooms or if necessary can be covered with clean clothing.
- Wearing filter masks while going outside and avoiding unnecessary travel.
- Women who have atopic dermatitis should wear gloves while working in the kitchen.
- People who have eye allergy i.e. allergic conjunctivitis may use (UV Protected) glasses.

For pollen count in Islamabad please click below link:

http://www.pmd.gov.pk/rnd/rndweb/rnd_new/R%20&%20D.php