

# MARCH

## ALLERGY SEASON PREPARATION

SOUTHERN LAND  
COMPANY



It's never too early to start preparing for seasonal allergies! Allergy season can begin earlier than expected, so being ready is key.

### Recognize Common Allergy Symptoms:

- Sneezing
- Runny or stuffy nose
- Itchy or watery eyes
- Scratchy throat
- Coughing

### Tips for Preparation:

- Monitor local pollen counts and try to stay indoors when levels are high
- Keep windows closed at home and in your car to reduce exposure
- Shower and change clothes after spending time outdoors
- Use air purifiers with HEPA filters to help remove allergens from your home

### Over-the-Counter (OTC) Treatment Options:

- **Antihistamines:** Help relieve sneezing, itching, and runny nose
- **Nasal Sprays:** Reduce inflammation and congestion
- **Eye Drops:** Soothe itchy, watery eyes

PLEASE NOTE: This information is for educational purposes only and is not intended to replace professional medical advice, diagnosis, or treatment. Always consult your healthcare provider for medical concerns. Please refer to your plan documents for specific benefit details and limitations.

### Is it allergies or a cold?

- **Allergies:** Last weeks or months, often cause itching, and usually produce clear, watery nasal drainage. Allergies do not cause fever or body aches.
- **Colds:** Usually improve within 7-10 days, may cause body aches or fever, and often start with a sore throat and thicker mucus.

If you are unsure what's causing your symptoms, or if they are getting worse, you can call the BCBS of TN 24/7 Nurse Line. Nurses are available every day, around the clock, to support you whenever you need it. They can assist with figuring out the cause and recommend treatment. Call **1.800.818.8581**, ext. **1** or chat online at **www.bcbst.com**.

### When to Talk With a Provider

#### See a provider if:

- Symptoms last for weeks or keep returning
- Allergies interfere with sleep, school, or work
- Over-the-counter treatments aren't helping after 2-4 weeks
- You have asthma and symptoms are getting worse

Your provider can confirm whether allergies are the cause and recommend additional treatment options, including prescription medications or allergy testing. To find a participating provider, visit **www.bcbst.com**.

### Sources

- <https://healthylearn.com/connerstrong/hn/cold-flu-or-allergy.html>
- <https://acaai.org/news/5-expert-ways-to-prepare-for-a-longer-fall-allergy-season/>
- <https://www.bannerhealth.com/healthcareblog/better-me/are-spring-allergies-starting-earlier-what-to-know-and-how-to-prepare>