

# ALLERGIES



## AWARENESS & PREVENTION

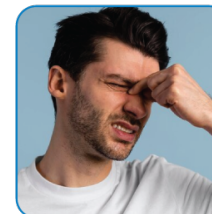
Allergies don't take a break in California – especially during February! From blooming trees to unpredictable weather, it's easy to be caught off guard. Here's what you need to know to keep symptoms at bay and stay comfortable all month long.

### Why February?

While it might still feel like winter, California's temperate climate brings early pollen from trees like oak and cedar around this time. Milder temperatures and dry winds can also stir up dust and mold, making your symptoms worse.

### Common Symptoms to Watch For

- Sneezing & Runny Nose
- Itchy Eyes & Throat
- Coughing & Congestion
- Fatigue
- Post-nasal Drip



If any of these sound familiar, you might be dealing with February allergies.

### Looking for Relief?

If you're suffering from allergies this month, don't wait for them to get worse. Reach out to us for personalized solutions and care.

Stay healthy and enjoy a breath of fresh air – without the sniffles!



## HEALTHWISE MEDICAL CLINIC

### HANFORD

740 N. Irwin St.  
Hanford, CA 93230  
559.272.9551

### VISALIA

4004 S. Demaree St. #A  
Visalia, CA 93277  
559.272.9549  
[www.healthwise.clinic](http://www.healthwise.clinic)

### PORTERVILLE

99 W Putnam Ave  
Porterville, 93257 CA  
559.272.9544

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### At-Home Tips to Prevent Allergies

#### Keep Windows Closed

Minimize pollen exposure by keeping your windows shut during high pollen times (early morning to midday).

#### Use Air Purifiers

An air purifier with a HEPA filter can help clean the air in your home, especially in bedrooms and living spaces.

#### Shower & Change Clothes

After being outside, rinse off pollen and other allergens. This simple step can significantly reduce your exposure.

#### Wash Bedding Weekly

Pollen can settle on your sheets, so keep your bedding fresh to avoid waking up with allergies.

#### Use Nasal Sprays & Antihistamines

Over-the-counter remedies can help relieve symptoms. Consult with your doctor to find what's best for you.