In a time that is marked with understandable concern over COVID-19, many are on high alert for symptoms that could indicate infection. In Michigan, we’re transitioning into peak allergy season, and with symptoms such as sneezing, congestion, runny nose, sinus pressure/pain, itchy/watery eyes, postnasal drainage, sore throat, ear pressure/pain, cough and chest tightness, irritability and fatigue, it’s no wonder so many with allergy symptoms are concerned they may have contracted Coronavirus.

Allergies are responsible for over 6 million lost days of work yearly in the U.S. Despite having a reputation of being benign, allergies can actually be very serious.

**HOW CAN YOU COMBAT ALLERGY SYMPTOMS?**

1. **USE OVER-THE-COUNTER MEDICATIONS**
   Claritin, Allegra, or Zyrtec are all daily, non-drowsy antihistamines that help alleviate most of these symptoms. These medications are also available free of charge to patients at the SET SEG Family Healthcare Center.

2. **USE A NASAL SALINE RINSE**
   Using a nasal saline rinse after going outside helps clear out allergens from the nasal passage, which can minimize an allergic response.

3. **USE INTRANASAL FLUTICASONE (FLONASE) TO IMPROVE NASAL CONGESTION**
   Flonase blocks the body’s response to allergies and can significantly improve nasal congestion, sinus pain, postnasal drainage, sore throat and ear pain/pressure.

4. **USE INTRANASAL IPRATROPium**
   Available over the counter, intranasal ipratropium can have similar effects as Flonase but without the same drying effects. If you’re prone to nose bleeds, try this!

If these interventions are not effective or if you still have residual symptoms, contact the SET SEG Family Healthcare Center for further guidance. Of course, if you are concerned you have contracted Coronavirus, please call our office so we can provide you with sound medical advice and support.