

FIGHT SEASONAL ALLERGIES

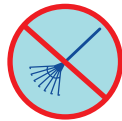
DID YOU KNOW THAT RESPIRATORY ALLERGIES AFFECT MORE THAN **6 MILLION CHILDREN** IN THE U.S.?



8 TIPS TO MINIMIZE ALLERGY SYMPTOMS



Stay inside when it's dry and windy



Avoid yard work



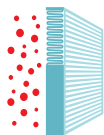
Wash clothes after being outside



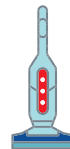
Bathe after playing outside



Keep doors and windows closed



Use a HEPA filter



Vacuum often



Flush sinuses with nasal rinse

Get more tips on fighting allergies at [childrens.com/allergies](https://www.childrens.com/allergies)

children'shealth[?]