

BETTER steps



Take control of your allergies

Common allergies can cause sneezing, runny nose, and watery eyes for weeks and months at a time. And these symptoms can lead to asthma, which may present more serious problems. Talk to your doctor about allergy testing to identify your triggers so you can take steps to avoid them. And keep the following tips in mind:

Go with H₂O.

If you're stuffed up from seasonal allergies, drinking more water can thin mucus and help flush your system.

Be flexible.

Exercises like yoga can teach you breathing techniques to help control allergies and asthma.

Watch for signs.

Don't confuse cold symptoms with allergies. Colds usually last 7 to 10 days and can cause a fever.

LEARN MORE

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