


# Spring Pollen, Allergies, and Asthma Update

## April 2025

## Managing Pollen Allergies and Asthma During Springtime

As we move from late March through April, tree pollen levels historically spike in the Atlanta area. Atlanta Allergy & Asthma emphasizes the importance of staying informed about pollen counts to maintain good health and enjoy spring. Rising temperatures often coincide with increased pollen levels, especially across metro Atlanta, where pollen counts frequently reach the extreme range in April.

## Understanding Pollen, Allergies, and Asthma

Pollen counts are typically highest early in the morning on warm, dry, and breezy days, while they tend to be lowest during cool, wet conditions. Pollen allergies are seasonal, meaning symptoms only appear when pollen particles are in the air. When the body reacts to these particles, it triggers symptoms such as a runny nose, congestion, sneezing, scratchy throat, red itchy watery eyes, sinus headaches, and eczema.

We can work together to help reduce symptoms by allowing students with pollen sensitivities to stay indoors when pollen counts are high, as advised by medical experts.

## Tips for Managing Pollen Allergy Symptoms

Atlanta Allergy & Asthma recommends the following strategies to stay healthy on high pollen count days:

- Keep your car and house windows closed; use air conditioning in a recycled setting.
- Change or clean air filters regularly.
- Shower after coming home or before bed to remove pollen from hair, skin, and clothes.
- Wear sunglasses or glasses to prevent pollen from irritating your eyes.
- Remove shoes before entering your home.
- Wipe down pets' paws and fur with a damp cloth if they have been outside.
- Schedule outdoor activities when pollen levels are typically lower (between 4 a.m. and noon).
- Take allergy medication before going outside rather than waiting for symptoms to appear.

## Common Mistakes in Allergy Treatment

Atlanta Allergy & Asthma highlights five common mistakes in treating and managing spring allergies:

- Treating symptoms without identifying the specific cause.
- Waiting to treat symptoms after they start.
- Using ineffective over-the-counter medications.
- Failing to avoid known triggers.
- Consuming and eating produce that may worsen spring allergy symptoms.

Another common mistake is delaying consultation with a healthcare provider. Seasonal allergies may also mimic cold symptoms and can trigger asthma attacks. Since asthma symptoms may overlap with allergy symptoms, proper diagnosis and management are essential.

## Tips for Parents of Children with Allergies and Asthma

- **Consult a Healthcare Provider**: Your child's doctor may recommend medications to manage symptoms. Follow all prescribed treatments carefully.
- **Request Allergy Testing**: Identifying specific allergens through testing can improve treatment outcomes.
- **Limit Pollen Exposure**: Keep windows closed in your home and car during pollen season.
- **Monitor Pollen Counts**: If your child has asthma, treatment may be necessary before outdoor play on high-pollen days.

## Resources for Monitoring Pollen Counts and Air Quality

- Pollen.com Map for Georgia
- Atlanta Allergy Pollen Counts
- Children's Healthcare of Atlanta - Allergy and Immunology
- Air Georgia Forecast

## For automatic updates on air quality and smog alerts, visit:

- Mothers & Others for Clean Air
- Georgia Commute Options Smog Alert Sign-Up

We hope this information helps you manage pollen allergies effectively, but it is not intended to be a substitute for consultation with a healthcare provider. Please consult a healthcare provider for personalized advice and treatment.

Thank you,

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