

Mission In Motion

Health & Wellness
Tip of the Week



February 11, 2013

Looking for tips for your nose woes? Try these suggestions to help reduce allergy symptoms:



- Keep your doors and windows closed and use your air conditioning during allergy season
- Install a good air filter in your home
- Avoid mowing the grass and raking leaves as much as possible
- Repair any moisture problems you may have in your home
- Use dust-proof covers on your mattress and pillows
- Keep your pet out of your bedroom

Source: Mayo Clinic Online Resources



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