

(AH-CHOO!) ALLERGY SEASON'S BACK

Knowing what triggers your allergies is the first step to managing them. If they appear at the same time each year, tree, grass, or weed pollens may be the cause. If they persist all year, you may be allergic to dust, mold spores, or animal dander. Here's how to help reduce your allergy suffering:

- Make a note of what causes your runny nose, itchy eyes, sneezing, and fatigue. Avoid those sources.
- Avoid yard work, which stirs up pollen and molds. Or wear a mask and take an antihistamine beforehand.
- Avoid smoking and second-hand smoke.
- Keep your environment as clean and dust-free as possible.

Don't let your allergies rule your life! If you are a medical or dental plan participant, GuideStone's Well Informed resources include tools to help you identify, treat and avoid your allergy triggers. For more information, go to www.GuideStoneInsurance.org and choose the "Well informed" link.