



Sniffly, Sneezy, Stuffed Up?

Spring is in full bloom, which means allergies are too. Here's how to get some relief from seasonal allergies:



Take an over-the-counter medication, like Claritin, Zyrtec, or Flonase.



Talk to a Galileo doctor to find the right treatment for your symptoms.



Try nasal irrigation. Rinsing your nasal passages with a saline solution (using a neti pot or squeeze bottle) can help flush out allergens and mucus.



If your symptoms don't ease up, talk to your Galileo provider about allergy shots. Allergy shots can help you become less allergic over time.



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