Use these simple tips to manage your allergy symptoms:

- Know your triggers. Grass, mold, pollen, dust, ragweed...the list goes on and on.

- Check pollen counts. Keep windows and doors closed. Avoid being outdoors when levels are highest. Wear a mask when mowing the lawn or doing other outside chores.

- Clean up. Change clothes or shower immediately after coming in from outside.

Talk to your doctor about other ways you can manage your allergy symptoms.