



4 Fun Facts

About Spring Allergies

1



Spring Showers Bring... Sneezes

After a **thunderstorm**, mold spores, grass, and plant pollen are disturbed and released into the air. The day after a rainstorm, the pollen counts go up and allergy symptoms are triggered.

2



Sunrise Sniffles

Trees release pollen in the morning, so before you start your day, give yourself a heads-up and take note of the pollen count, especially if you plan to enjoy the day outdoors.

3



A Year-Round Challenge

In many parts of the U.S., "springtime allergies" start as early as **February** and last until **summer**. Most people with allergies have year-round symptoms.

4



Staying Indoors is Best.

You can create an allergy-free zone in your home. Keep all windows shut. Use an air conditioner to cool your home instead of a fan. Take off your shoes at the door and ask guests to do the same; it keeps allergens outside. Clean floors with a vacuum cleaner that has a HEPA (high-efficiency particulate air) filter.

insert your
logo here!

Crescent Offers Solutions!

We are passionate about solutions to improve Indoor Air Quality:
Smart Thermostats, Humidifiers,
Dehumidifiers, Air Cleaners, Electronic Air Cleaners, ERVs and Zoning Solutions.