

Health & Wellness Newsletter: On Campus Edition

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HEALTH SERVICES

Appointment only:
(781) 239-6363



Springtime Allergies: Be proactive, not reactive!

The weather may say otherwise, but spring is here and with that comes blooming flowers, budding trees, and the dreaded pollen! Some common symptoms associated with springtime allergies include a runny nose, sneezing, itchy and watery eyes, a sore throat (especially at night and in the early morning), and a slight cough. Local pollen counts can be followed at [pollen.com](https://www.pollen.com). Below are some over-the-counter medications that can help alleviate your symptoms so you can enjoy your time outdoors!

- Non-sedating oral antihistamines (taken once daily) include Zyrtec (*certirizine*), Claritin (*loratidine*), and Allegra (*fexofenadine*).
- To help alleviate itchy, watery eyes, you can use eye drops such as Zaditor (*ketotifen*). Place 1–2 drops in each eye twice daily.
- Non-prescription nasal sprays include Flonase (*fluticasone*) and Nasocort. These low-dose nasal steroids are generally effective within 4–5 days.

For those who suffer from asthma, be mindful that springtime allergies can exacerbate asthma conditions. Be sure to check the expiration dates of your inhalers, refill controller, and rescue medications as needed.

As the semester comes to a close and you're preparing to leave Babson...

Health Services will remain open under the current guidelines. Please do not hesitate to reach out if you need to refill medications, obtain copies of immunization and/or medical records, or if you have questions or concerns that you would like to address. We know that the past weeks have been challenging, emotional, and difficult. We are so proud of each and every one of you and how you have adapted and persevered in the face of adversity. We are in this together. We are #OneBabson!

COVID-19 questions? Email HEALTHUPDATE2020@BABSON.EDU.
or visit babson.edu/coronavirus