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4/26: Health blog: Spring has sprung, and so has your allergies

By Jennifer Brown/Online Reporter

Spring, for many Eastern students, means allergies. Dust seems to gather faster, and it seems like there's more hair in the air than on your pet. Aromas coming from plants and trees also may be enough to send their allergens into a headache.

Studies show that [allergies are passed through families](#). In fact, if your parents have allergies, then you are twice as likely to have them yourself.

When a person has an allergy reaction, the body releases histamines. These cause the body to swell up and turn red, which in turn causes sneezing and coughing. It may even tighten muscles, such as the lungs, which may [then become sore](#).

Studies have found that [pollen is the most popular](#) seasonal allergy. These allergies may be treated through the use of prescription or over-the-counter drugs.

Allergens are the highest between 5 a.m. and 10 a.m. These are the times of the day when it's most important to stay inside, although over-the-counter drugs such as 24-hour Claritin can help fight these allergies.

Springtime allergies can come in many symptoms and often disguise themselves as a cold. They may include the following: coughing, sneezing, runny nose, itchy eyes or drowsiness. [Nasal sprays and Sudafed](#) may also offer allergy relief when allergens are high in the air.

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