

Dear [Patient's Name],

As the seasons change, many individuals experience seasonal allergies. To help you manage and prevent allergy symptoms, we have created the following guide.

Prevention Tips:

- Avoid outdoor activities during high pollen counts.
- Keep windows closed and use air conditioning.
- Shower and change clothes after being outside.
- Use HEPA filters in your home.
- Consider over-the-counter antihistamines or consult your doctor for prescription medications.

Symptoms to Watch For:

- Runny or stuffy nose
- Itchy or watery eyes
- Sneezing
- Coughing

If you experience severe symptoms, please do not hesitate to contact our office for advice or treatment options.

Stay healthy, and enjoy the season!

Sincerely,

[Your Practice Name]

[Contact Information]