

## Welcome to “Health Bytes”!



- ✓ Philadelphia Coordinated Health Care’s “Health Bytes” are short tips about health and wellness. They will be sent on the first day of each month by e-mail.
- ✓ We hope that you can use this information to encourage or maintain a healthy lifestyle for yourself or someone you support.
- ✓ Please go to [www.pchc.org](http://www.pchc.org) to see past “Health Bytes”.

### Health Byte – April 1, 2018

Seasonal allergies, also known as allergic rhinitis, can affect each person differently. During the spring and summer, pollen that comes from grass, weeds and trees is a major trigger for allergy symptoms. Did you know that you cannot prevent allergies but you can minimize an allergic reaction?

Click here to learn how to minimize allergy symptoms:

<http://www.aafa.org/page/pollen-allergy.aspx>