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Fall Allergy Season in Full Swing

(KTNC) - Many people are suffering with scratchy throats, plugged noses and itchy eyes lately.

Dr. Jill Poole is an allergy specialist at the University of Nebraska Medical Center. She says we are at the peak of ragweed season and mold season isn't far away. (play audio :18 "ragweed for sure.")

Dr. Poole says calls started coming in around the Labor Day weekend from patients needing relief from allergy symptoms. (play audio :20 "component of it.")

She says there are a few simple things an allergy sufferer can do to relieve that itchy throat and watery eyes. (play audio :36 "can be used also.")

Dr. Poole says pollen is the culprit now, but when leaves start to fall it will be mold. She says those who suffer with allergies will probably have symptoms until the first hard freeze.

Nebraska Radio Network