

Allergy Answers

(NAPSA)—If you or someone you care about is among the estimated 40 million Americans who battle seasonal allergies each year, you know the condition is nothing to sneeze at. Fortunately, there are steps you can take to minimize your discomfort.

According to the experts at the National Institutes of Health, the best treatment is to avoid the offending allergens altogether. When that's not possible, you can still soothe allergy symptoms, including the sniffles, watery eyes and sneezing, with Puffs Ultra Soft & Strong tissues.



When pollen gives you a hard time, a nice soft tissue can help you look and feel better.

In addition, air purifiers, filters, humidifiers and air conditioners provide varying degrees of relief, though none is 100 percent effective. It also helps to wash your hands often with soap and water and try to stay in when the pollen is at its worst.

Various over-the-counter or prescription medications can help, too. See your doctor to determine which may be best for you.

Learn More

For further facts and tips, visit www.Facebook.com/Puffs