

SPRING IS IN THE AIR

and so are allergies

It's true: allergies can have a real impact on your quality of life. We're here to help you get through pollen season and enjoy the warmer weather ahead! Here are the top 5 allergy triggers, but don't forget that everyone is different so it may be worth talking with a RelyMD provider about what makes YOU sneeze and what you can do to ease symptoms while these triggers are at their height.

A close-up photograph of a dandelion seed head with its seeds blowing away in the wind, set against a clear blue sky.

POLLEN

A close-up photograph of a dog's face, focusing on its eyes and nose, with a dark, slightly blurred background.

**ANIMAL
DANDER**

A photograph of a bee on a green honeycomb pattern, with a dark overlay.

INSECT STINGS

A photograph of several blue and green mold colonies growing on a white surface, with a dark overlay.

MOLD

A photograph of a dust mite on a light-colored surface, with a dark overlay.

DUST MITES

A decorative illustration of various colorful flowers and leaves in shades of pink, red, yellow, and green, located in the bottom left corner.

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START YOUR VISIT TODAY**

A decorative illustration of various colorful flowers and leaves in shades of pink, red, yellow, and green, located in the bottom right corner.