

Getting Ready for Hay Fever Season

In spring, many people living in Japan suffer from hay fever. Hay fever is an allergy with symptoms of sneezing, a runny nose, and itchy eyes caused by pollen from plants. This condition is challenging to cure, and its symptoms recur at the same time every year. While managing hay fever can be difficult, there are effective countermeasures available to alleviate its symptoms. Today, let's explore the basics of hay fever management.

First, let's learn about the types of pollen and their seasons. The most common pollen that causes hay fever in Japan comes from cedar trees. Cedar trees release pollen from February to April. The main symptoms caused by cedar pollen affect the nose and eyes. Additionally, pollen from cypress, rice, ragweed, and mugwort can also trigger allergies. These pollens spread at different times depending on the area. It is advisable to check pollen information on the internet or TV.



Next, take care to minimize pollen exposure. Pollen particles float in the air, so wearing a mask and glasses when you go outside can help. Choose masks specifically designed to prevent hay fever and ensure they fit snugly on your face. Glasses can reduce the amount of pollen that enters your eyes. Upon returning home, it's important to remove any pollen that may have accumulated on your clothes or hair before entering the house. Ideally, change and wash your clothes and take a shower. Perform nose washing and eye washing to remove pollen particles from your nose and eyes. Nose washing involves rinsing your nose with saline water, while eye washing is the method of cleansing your eyes with an eye wash solution. These actions not only remove pollen but also help prevent mucus from drying out.



Finally, medicine and preventive diet are also effective in reducing hay fever symptoms. Common hay fever medicines include antihistamines and antiallergy medications, which help alleviate allergic reactions to pollen. Depending on the symptoms, you can choose from oral, nasal, or ophthalmic drops. Consult your doctor or pharmacist for advice on the type of medication and dosage. Recommended foods for hay fever prevention and countermeasures include lactic acid bacteria, blue-backed fish (*ao-zakana* such as sardines or mackerels), lotus root (*renkon*), burdock root (*gobo*), pickled plums (*umeboshi*), and chocolates. These foods can boost your immunity and suppress allergic reactions. Remember to maintain a well-balanced diet. Hay fever can be a serious issue for international residents in Japan. However, by taking proper measures, you can enjoy a pleasant spring. Please consider this advice so that you don't let hay fever get the best of you.

If you have any questions, opinions, or requests about this piece, please contact the Miyazaki International Foundation. TEL : 0985-32-8457 FAX : 0985-32-8512 Email : miyainfo@mif.or.jp

If you have any questions or queries regarding everyday life, please consult the Miyazaki Support Centre for Foreign Residents. TEL : 0985-41-5901 FAX : 0985-41-5902 Email : support@mif.or.jp

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