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Whenever we think of allergy we usually think April to October but for some people allergy season extends beyond it. So this holiday season Jack Frost may not be the only one picking your nose. From Christmas trees to yummy fruitcakes, the holiday is full of allergens. Combined with the cold the holiday season can easily trigger an allergy attack and ruin your celebration if you are not careful. Here are a few tips that will help you stay safe and enjoy this holiday season:

Close watch on Symptoms: Most people confuse allergy symptoms with common cold symptoms. Well one cannot be blamed for it as they are almost similar. So in case you don't feel well, don't think that it's just due to the cold, consult with your doctor and make sure that your asthma or other allergy related symptoms don't worsen. As during this time a lot of people spend most of their time indoors so keep your house

clean; don't let dust mites intensify the symptoms.

Avoid Using Real Christmas Trees: According to a research conducted by Connecticut researchers mold count from live Christmas trees can increase up to five times when kept indoors for two weeks or more. This is bad news for people having mold allergy. Usually mold allergies are on rise in fall but Christmas is also when they are at their peak. Also be careful if you plan on using mountain cedar trees as they pollinate during November and December. If you have pollen allergy then it's best not to use mountain cedar trees. Instead of using live Christmas trees use artificial ones but only after you have thoroughly cleaned 11 months of dust from them.

Scented Candles and Room Fresheners: A lot of people are allergic to air fresheners and scented candles. They emit volatile substances such as formaldehyde and limonene which can trigger allergic reactions like respiratory problems, eye irritation and even asthma attacks in case of kids. As an alternative you can use pine-scented candles, only if no one is allergic to artificial scents as well.

Alcoholic Beverage: Sipping a glass of wine with your loved ones surely sounds great but make sure that you are not allergic to alcoholic beverages. Though reaction to wine and other alcoholic beverages is rare but if you are it can cause serious asthma attacks and rashes.

Just take care of these few things and I am sure you will have a great Christmas.

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