



BOBO GAZETTE



From the Editor: I can't believe Spring is here! People say it was a mild winter, but I still didn't like being cold. I love seeing all the flowers, butterflies and blossoms that comes in Spring. One problem though, allergies. Lots of people have allergies. This issue of the BOBO Gazette, our reporters have chosen to cover air quality and allergies that are prevalent in North East Ohio. Hope you find this helpful.

Love to All

BOBO



Allergy Season in Ohio?

Depending on what you are allergic to, you can experience allergy symptoms during any time of year in Ohio. Pollen allergies will flare up in the spring, summer, and fall, while indoor allergies can cause allergic reactions at any point in the year.

Ohio is in the Northeastern Mixed Forest and Midwest Mississippi Valley allergy regions.

Ohio winters are cold, this means that residents get a break from their seasonal allergies but indoor allergens can still cause issues for many allergy sufferers.

Allergy season typically starts around February and ends in November. However, if you suffer from indoor allergies, such as allergies to dust, pet dander, or mold, you might notice that they worsen during the winter if you spend more time inside than usual.

Keep an eye on pollen counts in April, June, and September. These months are when seasonal

allergies are typically at their peak. During these months, try limiting your time outdoors or going out in the evening when pollen counts tend to be lower in Ohio.

Here is a list of various allergy symptoms:

- Runny nose
- Post-nasal drip
- Coughing
- Watery eyes
- Itchy eyes
- Congestion
- Headaches
- Sneezing
- Brain fog
- Aggravated asthma symptoms.



Most common allergies are:



- Ryegrass
- Orchard grass
- Ragweed
- Russian thistle
- Marsh elder
- Sorrel
- Pigweed
- Maple tree
- Oak
- Birch
- Elm
- Beech
- Kentucky bluegrass

By understanding what allergies are causing your symptoms, it will be easier for you to avoid your triggers and find effective treatments. If you think you are suffering from seasonal allergies, it would be wise to take an allergy test to identify what allergens are triggering your symptoms thru an allergy doctor. Once you are aware of what causes your allergies you can then take certain steps to alleviate your symptoms.



For example, if you have a **dust mite allergy**, pay careful attention to dust-proofing your bedroom. The worst things to have in the bedroom are

- Wall-to-wall carpet
- Blinds
- Down-filled blankets
- Feather pillows
- Stuffed animals
- Heating vents with forced hot air
- Dogs and cats
- Closets full of clothing

Limit your exposure to allergens.

While pollen can be difficult to avoid, there are ways that you can decrease your exposure to pollen.

Check daily pollen count: at **Weatherbug.com** keeping an eye on pollen levels to see how high they are in your area for the day. If it's a high pollen count, try limiting your time outside that day. Pollen tends to be at its highest in the morning and afternoon in Ohio. Evening hours will be the best time to go outside during the allergy season.

Trim trees, mow the lawn, and pull weeds: By keeping tree branches trimmed, grass short, and your lawn free of weeds, you can reduce the pollen that will be released directly around your home.

Wear a mask outdoors: Wearing a dust mask when you go outside in Ohio can help prevent pollen from getting in your airways.

Clean regularly: Pollen is a very sticky substance, meaning it'll get in your home and on you and your clothes. Be sure to clean your house and do laundry frequently. Also, make sure to shower after being outdoors to wash off any pollen.

Keep windows closed: Opening your windows will allow for more pollen to get into your home. If you can, keep your windows closed and run your A/C instead for the duration of the allergy season.

Install a HEPA filter: Installing a HEPA filter on your A/C can help reduce the pollen levels circulating in your home.

Allergy Medications

Over-the-counter (OTC) medications are widely available and they provide short-term relief from your allergy symptoms. If you find that antihistamines, nasal sprays, and eye drops don't provide enough relief from your seasonal allergies, you can look into allergy treatments with an allergist that will provide long-term relief instead of just masking your symptoms.

AIR QUALITY IN OHIO



Air Quality Index (AQI) Values	Levels of Health Concern
0 to 50	Good
51-100	Moderate
101-150	Unhealthy for Sensitive Groups
151-200	Unhealthy
201-300	Very Unhealthy
301 to 500	Hazardous

There is a internet site to check real-time air quality per city.

<https://www.iqair.com/us/usa/ohio>

The Air Quality Index (AQI) was developed by the U.S. Environmental Protection Agency (EPA) to provide a simple, uniform way to report daily air quality conditions.

The AQI is calculated by converting measured pollutant concentrations to a uniform index which is based on the health effects associated with a pollutant. The health benchmarks used for calculating the AQI are pollutant specific and are established by the EPA through the National Ambient Air Quality Standards. The Clean Air Act requires the EPA to review these standards every five years.

PM2.5

PM2.5, or fine particle pollution, is a mixture of solid and liquid droplets in the air with a range of chemical makeups. Despite samples containing a range of chemical compositions, PM2.5 is commonly understood to be the most harmful air pollutant for its defining characteristic — its small size.

PM2.5 is so small that it can pass through the airways and lungs and become absorbed into the bloodstream upon inhalation. Once in the blood, PM2.5 has the potential to cause far-reaching health impacts beyond the heart and lungs, reaching nearly every organ in the body.

Sources of PM2.5 in Cleveland include:

- motor vehicle emissions
- wind-blown dust, dirt, and pesticides from agricultural areas
- resuspended dust at construction and road repair sites
- power plants
- factories
- boats and ships on Lake Erie
- diesel exhaust from construction equipment, trucks, and trains

Ohio has a large amount of manufacturing and automobile production occurring, with these sectors being among the most salient throughout the United States. With its extremely large and dense population, coupled with the high amount of industry taking place, Ohio is subject to air pollution issues, that it sees reflected in the PM2.5 readings recorded across its various cities.

Cleveland air quality fails to meet U.S. Environmental Protection Agency (EPA) standards for ozone and PM2.5. Its non-attainment status for these air pollutants positions the city as one of the most polluted cities in the United States, ranking:¹

- #31 for high ozone days out of 226 U.S. metropolitan areas
- #14 for annual particle pollution out of 199 U.S. metropolitan areas
- In 2020 No other cities in Ohio breached the U.S. EPA standard for “good.”

No one is immune to air pollution but individuals more like to experience acute adverse effects:

children, the elderly, those with compromised immune systems or preexisting health conditions, and pregnant mothers.

•Pre-existing health conditions:

- Asthma
- COPD
- Lung cancer
- Cardiovascular disease

Ozone

Ground-level ozone is a noxious gas pollutant formed in the atmosphere rather than being emitted directly by ground sources. For an ozone-producing chemical reaction to occur, ambient nitrogen dioxide (NO₂) and volatile organic compounds (VOCs) must be in the presence of sunlight and heat (generally temperatures above 84°F). This means that ozone typically exists at higher levels during the summer months.

Cleveland experiences an average of 66 days a year above 80°F and 9 days a year over 90°F.5 These days predominantly occur between June and September, indicating that ozone is more likely to reach unhealthy levels during these months.

Cleveland tends to experience periods of elevated PM2.5 air pollution in both the summer and winter. In 2020, Cleveland’s most polluted months for were:

- December
- November
- July
- June
- February

TAKE CARE

Everyone, with vulnerable groups in particular, should take care to reduce their air pollution intake or exposure. Measures that can help to reduce the risk of adverse health effects from pollution include:

- Wearing fine particle-filtering face masks, such as N95/KN95/FFP2 masks
- Avoiding outdoor activities during periods of heavy air pollution
- Sealing indoor spaces by closing outdoor-facing doors and windows and running indoor air filters or purifiers when available



Article Resources

- American Lung Association. (2020). State of the air – 2020.
- Ohio History Central. (2021). History - Cleveland, Ohio.
- Team Neo. (Retrieved 2021). Northeast Ohio - key industries.
- Reardon K. (2019, May 19). Where's the worst air pollution in Ohio? And where does global warming fit in? Cleveland.com
- Current Results. (2020). Cleveland temperatures: averages by month.
- Windly

KINDNESS is the best medicine!



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nursenerdfitness.com

Our Fitness Specialist and Certified Trainer is offering special adolescent fitness classes at her gym in Geneva. If interested, contact information is posted below.

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Limited space
6 per session

For details, contact
Jen Hughes, RN-BSN
ACSM - Certified Trainer
440-813-7714

 A small icon in the bottom right corner of the flyer showing a nurse sitting at a desk with a stethoscope around their neck.

**Adult classes are also available.
Call 440-813-7714 for information.**



