

Houston Summer Sinus Survival Checklist

Breathe easier this summer—protect your sinuses with expert tips from Allergy & ENT Associates

Daily Must Do's

- ☐ **Check the Pollen Count** (before heading outdoors – try weather apps or pollen.com)
- ☐ **Shower After Being Outside** (removes pollen, mold & other allergens)
- ☐ **Run a HEPA Air Filter** indoors, especially in your bedroom
- ☐ **Hydrate** (dehydration thickens mucus and worsens sinus pressure)
- ☐ **Use Saline Rinse or Spray** to clear allergens from nasal passages
- ☐ **Wear Sunglasses + Hats Outdoors** to keep pollen out of eyes & nose

After Rain or Storms

- ☐ **Watch for Mold Growth** (in bathrooms, basements, and even AC vents)
- ☐ **Avoid Walking Through Damp Grass or Mulch**
- ☐ **Change Air Conditioner Filters** monthly during peak humidity

If You are Traveling

- ☐ **Pack Allergy & Sinus Medications**
- ☐ **Refill Prescriptions Before Leaving**
- ☐ **Know Local Triggers at Your Destination** (coastal mold, mountain pollen, etc.)
- ☐ **Use Nasal Spray Before Flights** to avoid pressure-related sinus pain

Know When to Call Us

- ☐ Sinus pressure or congestion lasts **10+ days**
- ☐ Facial pain or headaches worsen over time
- ☐ Post-nasal drip or sore throat won't go away
- ☐ Symptoms return again and again despite OTC meds

You are not alone!

If your sinuses are acting up this summer, don't wait it out. We're here with real solutions—from allergy testing to advanced ENT treatments like balloon sinuplasty.

Call **(713) MY-SINUS (697-4687)** or Schedule Online – aentassociates.com