



Allergies can be prevented with our proactiveness!!
Measures to Reduce Exposure to

Allergy Triggers

- Stay indoors on dry and windy days
- Avoid gardening, removing weeds, or performing other tasks that may trigger allergens
- Have a shower after coming from outside to clear pollen that might stick to skin and hair
- Wear a mask while stepping outside, especially during spring
- Avoid drying clothes outside to avoid pollen sticking to clothes

World Allergy Day,
July 8, 2025



To avail our **ONLINE Services**, click on our website www.serumanalysiscentre.com

SERUM Group
Health for All



TOLL FREE NO: 18001202014

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