



Good Neighbor Script

INSPIRATION FOR LIVING WELL FROM GOOD NEIGHBOR PHARMACY | APRIL 2026

Allergies: Myths vs. Facts

Environmental allergies are triggered by substances in your environment — think pollen, pets, mold, and dust. These are different from allergies triggered by what you consume, like food or medicine.

But there are some myths about environmental allergies that can make them harder to identify or treat. Below, we debunk four common myths about environmental allergies.

Myth #1: Seasonal allergies can happen only in the spring.

Reality: Seasonal allergies can happen at any time of year.

While it's true that those with tree pollen allergies will tend to experience the most symptoms in the spring, other allergens peak at different times of the year.

Those with grass allergies tend to experience the most symptoms during the summer, and those with ragweed allergies tend to have the most symptoms in the fall. And even those general guidelines can vary depending on your local climate and the exact timing of when various plants grow and produce pollen.

In addition, some non-plant allergies may fluctuate with the seasons. Mold, for example, needs moisture to thrive. So your seasonal allergy symptoms will coincide with the time of year your local climate tends to be damp or humid.

Not sure when certain allergens peak in your area? Put your zip code into pollen.com for information on which allergens are currently prevalent where you live. If you know what you're allergic to, this can help you know when to take pollen-mitigating steps (like keeping windows closed and exercising indoors).

Myth #2: If you're allergic to pets, you're allergic to their fur.

Reality: If you're allergic to pets, you're allergic to their dander.

According to the American Academy of Asthma, Allergy, and Immunology, those who are allergic to pets (like cats and dogs) are actually allergic to a protein that's found in their skin, saliva, and urine — not their fur.

If you choose to live with a pet despite your allergies, it's still worthwhile to take steps to reduce fur in the house because the same steps will also

help reduce exposure to dander. These steps include vacuuming the floors frequently with a high-efficiency particulate air (HEPA) filter vacuum, running an air filter, washing the floors regularly, and keeping pets off sofas and beds.

Myth #3: If you weren't allergic to something as a kid, you can't be allergic to it now.

Reality: Allergies can begin at any age.

According to the American Academy of Asthma, Allergy, and Immunology, roughly 20% of those with "hay fever" (a catch-all term for allergies to things like pollen, dust mites, pet dander, and mold) develop symptoms after age 20.

If you have allergy-like symptoms (like a runny nose, congestion, or eyes that are itchy, red, or watery) and they persist for more than a couple of weeks, talk to your doctor. They can help you determine if your symptoms are signs of an allergy and refer you to an allergist if needed.

They can also recommend over-the-counter (OTC) allergy treatments and suggest steps you can take to reduce exposure.

If that's not enough to control your symptoms, an allergist may recommend allergy shots to desensitize your immune system to the allergen.

Myth #4: Moving to a different climate will help cure your allergies.

Reality: Moving often has no impact on your allergies or only lessens them temporarily.

Moving to escape a pollen allergy rarely works out. Here's why:

Pollen is carried by the wind, and it can be carried hundreds of miles or more. In fact, one study found that the sparsely vegetated German Alps hosted pollen from Switzerland, France, and even Canada — and that this pollen triggered allergy symptoms in 87% of people who were already sensitive to that particular allergen!

If you're prone to allergies — that is, if your immune system is prone to overreacting to something benign, like pollen — you'll probably develop new allergies over time as your immune system gets sensitized to the types of pollen in your new home area.

HEALTH & FITNESS

Can Asthma Be Triggered by Weather Changes?

Some types of weather can trigger asthma symptoms, including high heat, cold, humidity, and sudden weather changes.

Cold, dry air

Cold and/or dry air can cause your airways to narrow. Cold air can be especially problematic if you have exercise-induced asthma. If you struggle with exercising in cold, dry air, move your fitness routine indoors.

Also, be on the lookout for indirect impacts of the weather on your asthma. For example, do you run a wood stove or fireplace when it's cold? It may be the smoke that's triggering asthma. Or do you have forced hot air heating? It may be stirring up dust.

Hot, humid air

Hot, humid weather doesn't typically impact your airways directly. Instead, it causes things that trigger asthma.

Hot, humid air can be a problem for people with allergic asthma (that is, asthma triggered by allergens). Humid air, especially when it's hot, fuels the growth of dust mites and mold — two common allergens. And pollen (another common allergic asthma trigger) tends to be more abundant during hot weather.

In addition, air pollution and ground-level ozone (two other asthma triggers) tend to worsen when it's hot and sunny because of how pollution responds to heat and sunlight.

Rain and thunderstorms

The sudden heavy rain that sometimes accompanies thunderstorms can break apart pollen grains, making them smaller, easier to transport, and easier to inhale. This can cause an asthma flare-up if you're allergic to pollen.



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APRIL RECIPE

Pesto Pasta With Asparagus and Peas

Prep Time	Cook Time	Total Time	Serves
10 minutes	20 minutes	30 minutes	2-4

This quick, one-pot vegetarian pasta is perfect for busy nights. It's packed with healthy carbs, fiber, and green vegetables — plus fresh spring flavor from pesto. Everything cooks in one pan, making cleanup a snap.

Ingredients

- 1 tablespoon olive oil
- 1/2 medium onion, minced
- 2 1/2 cups low-sodium vegetable (or chicken) stock
- 1/4 cup prepared pesto
- 8 ounces whole-grain fettuccine (half of a 16-ounce package)
- 4 ounces thin asparagus, tough ends snapped off
- 1 cup frozen peas
- 1/4 cup heavy cream
- 1/2 teaspoon salt (or to taste)
- Parmesan cheese (optional to serve)

Tools

- Chef's knife and cutting board
- Measuring cups and spoons
- Large sauté pan with a lid

Instructions

- Heat olive oil over medium-high heat in a large sauté pan with a lid. Add the minced onion, and sauté for about 8 minutes, until tender and lightly golden.
- Stir in stock and pesto, and then bring to a boil.
- Add pasta, stirring gently to make sure it's submerged in the liquid and not sticking together. Once the pot returns to a boil, stir the pasta again, reduce the heat, and cover. Let this simmer for 2 to 4 minutes less than the cook time on the box, stirring once or twice. As the pasta simmers, it will absorb the water.
- While the pasta cooks, cut the asparagus into 1- to 2-inch pieces. Add asparagus and frozen peas to the pasta when the pasta is 2 to 4 minutes from being done (based on the cook time on the box). Stir to combine, and then return the pasta to a simmer for 2 to 4 more minutes, or until the vegetables are tender, the pasta is cooked al dente, and most of the liquid is absorbed.
- Add the cream to the pot, and stir until well combined. Season with salt, and serve with Parmesan cheese if desired.

KIDS CAN!

- Snap the tough ends off the asparagus
- Measure the ingredients
- Sprinkle Parmesan cheese over the finished pasta



For more recipes, scan this QR code or visit www.mygnp.com/recipes.

SPRING ALLERGIES

Five Ways to Minimize Spring Allergies



| 01

Switch up your schedule to limit your hours outdoors when pollen counts are high.



| 02

Dress to protect your face and eyes by wearing a wide-brimmed hat and sunglasses.



| 03

Allergy-proof your home by changing your air conditioner filters frequently and using a vacuum with HEPA filtration.



| 04

Update your medicine cabinet and get a head start on symptoms by taking antihistamines.



| 05

Eat the right foods to ease inflammation in your nasal passages.



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Product Spotlight



Seasonal allergies? We've got you covered. Find trusted relief with Good Neighbor Pharmacy brand allergy products.