

# Ragweed

Maybe you've never been allergic to ragweed. You may not be miserable at the end of summer during ragweed season like a lot of other people.

But even if you've never had a problem with seasonal hay fever caused by ragweed, don't assume that runny nose and itchy eyes are caused by a cold.

The truth, according to the American College of Allergy, Asthma and Immunology, is that anyone can develop an allergy—including an allergy to ragweed—later in life.

Scientists think it may be you've always had the allergy, but it might have taken exposure to another allergen to trigger your symptoms. If symptoms won't go away, lasting more than 2 weeks, you probably have allergies.

Common allergy symptoms include itchy eyes and nose, as well as sneezing, but the mucus is typically clear.

You'll want to talk with your doctor first about over-the-counter medications to try to relieve those annoying symptoms.

