



Spring Health Tips



With Dr. Dunne, MD
Medical Director, Detroit Fire Department

Allergies

- Use a local pollen tracker. On “High” or “Extreme” days, keep your windows closed and use your AC’s recirculate/filter setting. Consider a stand-alone air cleaner.
- Pollen counts are usually highest in the morning and on windy days. If you’re planning a run, late afternoon or after a rain shower (which “washes” the air) is your best bet.

Statistics on the Cold and Flu Season

- If you’re itchy and sneezing but have no fever, it’s likely allergies. If you’re exhausted and achy, it’s likely viral. If you have a fever, stay home and rest.
- If you haven’t yet, get a flu shot and covid-19 shot.
- 2026 has been an especially bad flu year so far, with over 23,000,000 people getting sick this year, the number keeps going up. Practice good hygiene and get vaccinated to make sure you limit your risk of illness.

Best Practices to Stay Healthy

- Hydrate! Aim for 8–10 glasses of water a day.
- Wash your hands often
- Sneeze into a tissue or your elbow to avoid getting others sick.

Outdoor Activity Safety

- Ease Into Movement: As people resume outdoor activity, it’s important to take it slow at first.
- Be ready for any type of weather. Michigan’s temperatures and climate can fluctuate during the time.