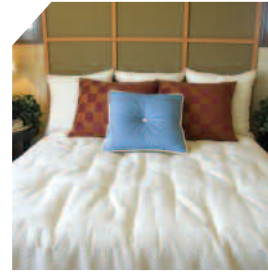


HealthyActions

Achieving Your Goals for Healthy Living



Allergy Do's and Don'ts

DO

Stick to Your Medication Plan

Taking your medicine the way your doctor tells you to may allow you to feel in control of your health.

Be Aware of Your Symptoms

Pay attention to your early warning signs like sneezing or runny nose. This will help you take quick action helping you to stay on top of your allergies.

Avoid Your Triggers

Know and stay away from the triggers that make your allergies flare-up or worsen.

Here are some other things to do depending on the type of allergies you have:

- Close the windows in your home and car when the pollen level is high.
- Avoid pets or insects such as cockroaches.
- Cover your bedding with allergy-proof coverings. This traps dust mites.
- Don't go outside when pollen is high or during smog alerts.
- Avoid strong odors and fumes.
- Seal basement windows and cracks to the outside.
- Avoid cigarette, tobacco, and wood smoke.
- Keep your epinephrine auto-injector with you at all times if you have food or insect allergies.
- Check the date on your injector to make sure it has not expired.
- Take your medicine the way your doctor tells you to.

If your medicine is not working, talk with your doctor.



Allergy Do's and Don'ts

The fall and summer allergy season will be different based on where you live. The season may be as long as February to October. Watch for any signs and contact your doctor:

Sneezing	Scratchy throat	Itchiness in the nose
Congestion	Watery/itchy eyes	
Runny nose	Itchiness in ears	

DON'T

Don't Open Windows During Summer and Fall Allergy Seasons

Prevent pollen from entering your home or car. Stay indoors when the pollen count is high (from about 10:00 AM to 4:00 PM).

Don't:

Be around freshly cut grass, rake leaves, or go on hayrides.

Have a basement bedroom.

Have feather pillows or covers.

Allow pets in your bedroom.

Have carpet in bathrooms.

Dry clothes outdoors.

Take more medicine than your doctor tells you to; take your medication the way your doctor prescribed.

Reference

American Lung Association. Available at: <http://www.lungusa.org/site/pp.asp=duLuk90E+b=22916>