

Vital Information:

Eyes: Watery, Itchy or swollen, red in color.

Nose: Stuffy or Running, sneezing.

Throat: Itchy or scratchy, coughing.

Insect bite: swelling, redness, itchy.

What you can do:

1. Record and observe when and where do you feel the symptoms.
2. What could be the source (Dust?, Pollen?, Fur?, Molds?)
3. Antihistamines can be taken to reduce the allergic reaction.
4. If your allergy does not subside with antihistamines see a doctor.

Emergency:

If you have serious allergic reaction that results in breathing difficulty, wheezing, shortness of breath, or excessive swelling of the face or eyes, call for help before you think it can be serious.

Prevention is better:

1. Avoid activities that can cause exposure to pollens.
2. Keep rooms and home dust free as much as possible.
3. If sensitive to molds, stay in aerated rooms.
4. Do not keep pets if allergic to animal fur.
5. Keep antihistamines handy so that you can take it when exposed even before you get a reaction.