

Allergies and Asthma



ASTHMA

800.414.6675

Allergic rhinitis, or hay fever, is an asthma risk factor for children. Hay fever can be caused by allergens, things that trigger allergies. Some examples of allergens are:

- Animal dander
- House dust mites
- Cockroach droppings

If you have symptoms of hay fever, you should talk with your doctor. Your doctor can refer you to an allergist. An allergist is a doctor who specializes in allergies. He or she can do an allergy test to see what you are allergic to.

SOME SYMPTOMS OF ALLERGIES ARE:

- Sneezing
- Stuffy or runny nose
- Itching in the nose, roof of mouth, throat eyes and ears

There are some ways to prevent allergies:

- Keep doors and windows shut during the pollen season.
- Avoid raking leaves - they have mold spores.
- Pollen counts are highest in the early morning to mid-day. Stay inside if you can.
- Avoid pollen from trees, grass and ragweed.
- Wash bed linens in hot water once a week.
- Watch for ozone action days that tell you when it might be harder to breath.
- Keep animals outside or out of your bedroom.
- Keep your kitchen clear. Put all food in containers.



FOR MORE INFORMATION about asthma, call Care Management 1.800.414.6675 (TTY: 1.800.473.0989).