

Allergies

- Allergies are a common disorder of the respiratory system.
- Allergies may also be referred to as Hay Fever.
- Symptoms may be caused by indoor or outdoor allergens and often vary from season to season.
- Common allergens include pollen, mold, dust and pet dander.

Symptoms:

- Nasal congestion
- Runny nose
- Sneezing
- Itching
- Itchy and/or watery eyes
- May follow a seasonal pattern

Self-care measures:

- Use oral antihistamines (Chlorphen ) for runny nose, itching, and sneezing
- Use a product with a decongestant (phenylephrine^{*}) for nasal congestion. Breathe right strips can also provide relief for nighttime nasal congestion.
- Avoid allergens. Stay indoors on dry, windy days.
- Remove clothes worn outside and shower to remove pollen from hair and skin.
- Use a dehumidifier to keep indoor air dry
- Keep room clean and dust free

Items marked with a () are available after being evaluated by a nurse in the Health Services Office (Commons, Room 226).*

Items marked with a  are available in the Self-Care Room.



When to seek medical attention:

- If you are having signs of a severe allergic reaction report to the nearest ED or call campus police.
 - ⇒ Signs of an allergic reaction include swelling of the throat, difficulty breathing, loss of consciousness, nausea and vomiting, rash, or rapid or weak pulse.
- If self-care is not providing symptom relief within 3 days, see a nurse in Health Services.