

Allergy

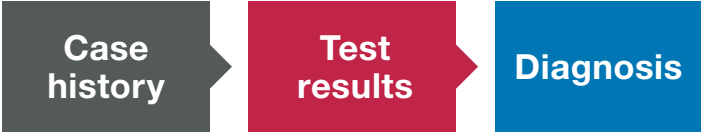
Setting the standard

Reduce exposure to your allergic triggers and reduce symptoms

Patient name

Your allergy triggers:

1. _____
2. _____
3. _____

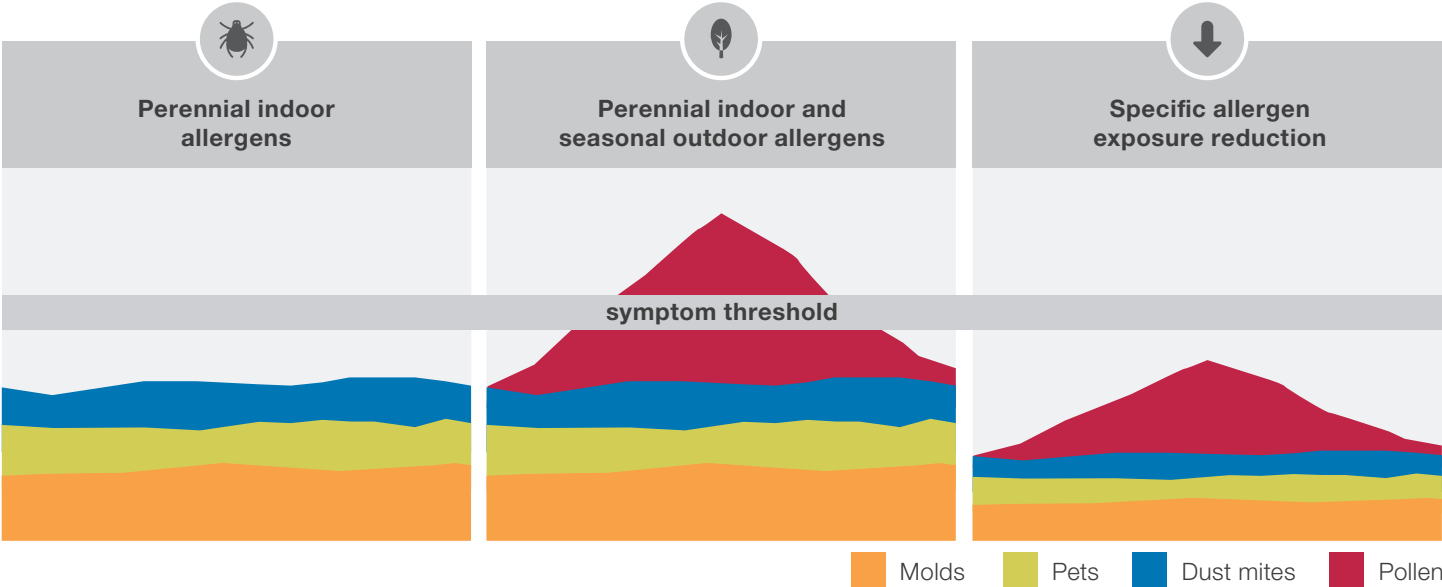


Specific IgE blood testing helps to identify your allergic triggers so you and your healthcare provider can develop a plan to reduce your exposure to those allergens to which you are sensitized.¹

The things that you are allergic to **really** add up

If you are allergic to pollen, that might not be the only reason you are sneezing, and if you have asthma that might not be the only reason you are wheezing. It may be because you are sensitive to more than one allergen. Allergens often add up and can cause you to sneeze, wheeze or get a runny nose.

To stay symptom free, you need to stay under your threshold. Every person has a different level at which they show symptoms. Until the level is reached, they are not affected. When that level is crossed however, the combination of allergens turns into symptoms.^{2,3}



Reduce exposure to your allergic triggers

Indoor allergens

House dust mites⁴

- Keep house clean by vacuuming and reducing clutter
- Wash bedding weekly in hot water (130°F / 60°C)
- Encase mattresses, pillows, and box springs in allergen-proof coverings
- Remove from the bedroom or wash and thoroughly dry stuffed toys weekly
- Avoid using humidifier

Cockroaches^{1,4,5}

- Place bait traps, or call a professional exterminator to eliminate cockroaches
- Clean up immediately after eating
- Wash dishes, vacuum, keep food and garbage in closed containers, and take out garbage regularly

Cockroaches^{1,4,5} (continued)

- Don't store paper bags, newspapers, or cardboard boxes in your home
- Seal plumbing openings, cracks, and crevices
- Fix water leaks

Molds (indoor)⁴

- Clean moldy areas with fungicide or bleach
- Vent bathrooms and clothes dryers to the outside
- Use a dehumidifier or air-conditioner and clean regularly
- Fix water leaks
- Thoroughly dry clothes before storing

Rodents^{1,4}

- Seal cracks and holes in home's exterior and interior

Rodents^{1,4} (continued)

- Clean up immediately after eating and store trash in secure containers
- Store food in rodent-proof containers
- Fix water leaks
- Application of traps and/or low toxicity rodenticide out of reach of pets and children

Animal dander⁴

- Find pet a new home or keep outdoors
- Encase bedding and remove carpets
- Restrict furry pets from the bedroom and keep off furniture
- Use high efficiency particulate air (HEPA) filters in AC/furnace and vacuum cleaners
- Bathe pet regularly

Outdoor allergens⁶

Pollens

- Shower after working outside (wash hair, eyes, eyelashes)
- Remove clothes you've worn outside
- If high pollen counts are forecasted, start taking allergy medications before your symptoms start
- Stay indoors when pollen counts are high for pollens you are allergic to

Pollens (continued)

- Wear a microfiber mask when doing yardwork or consider hiring someone to do it
- Keep house and car windows closed and use an air conditioner
- Use HEPA filters for furnace and vacuum cleaners
- Do not hang laundry outside

Molds (outdoors)⁴

- Avoid mowing grass, handling mulch and compost, and raking leaves
- Avoid using fans that draw in outside air
- Use an air conditioner and keep windows and doors closed

If specific IgE sensitization is not detected, symptoms may be caused by non-allergic triggers^{4,7}:

 Cigarette smoke

 Alcohol

 Paint/cleaning agents

 Air pollution

 Temperature change

 Perfume

 Infection

 Aerosol sprays

References

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