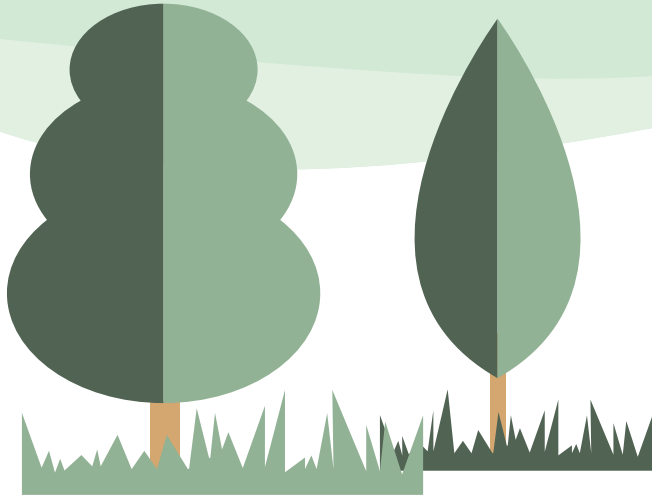


STICK TO THE PLAN

Spring Allergies Action Preparedness Plan

Spring will be here before you know it, and with the warmer weather comes plenty of potential allergic triggers.



Did you know?

81% of people with asthma are sensitized to 3 or more allergens.¹

Up to **90%** of people with allergies are allergic to multiple allergens.²

It's time to work with your healthcare provider to create a Spring allergies action preparedness plan.

Step 1: Identify your symptoms

Common allergy symptoms include:



Sneezing



Wheezing or difficulty breathing



Watery eyes



Runny nose



Coughing



Itchy throat or eyes

If you're experiencing any (or all) of these symptoms in spring, you could have an indoor allergy. If they occur once plants begin blooming in spring, it could be a seasonal allergy. Or, you may be sensitized to multiple allergens, and the combination of triggers is causing you to have symptoms.¹

Step 2: Understand why medications may not work

An allergy happens when your immune system reacts to a substance that's otherwise harmless, like pollen or pet dander, and releases histamine.



Allergen detected
Body releases histamine

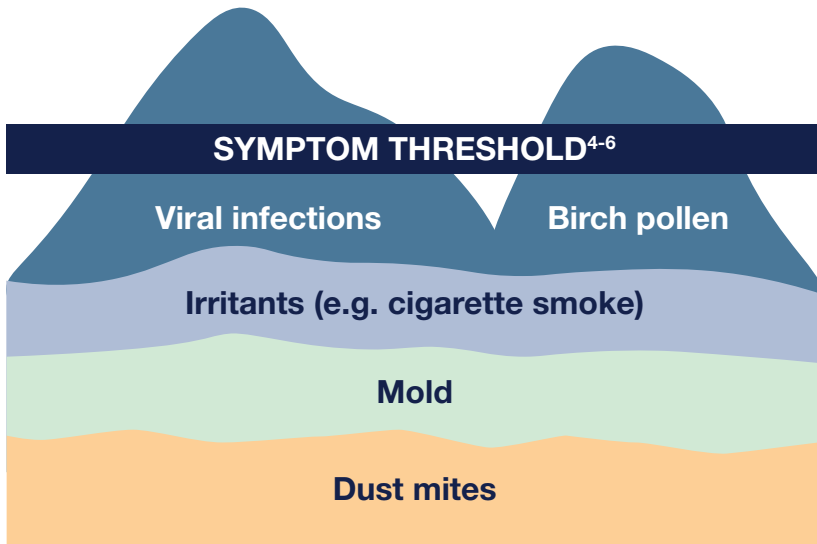
Histamine is what some over-the-counter medicines treat. But sometimes people experience allergy-like symptoms when they're not having a true allergic reaction. If you have **non-allergic rhinitis**, your body isn't producing histamine as a reaction. That means some over-the-counter medications won't work.

Up to 65% of people taking antihistamines don't have allergies.³

Ask about specific IgE blood testing to help rule allergies in or out

Step 3: Rule in and rule out your triggers

It's common for people to be allergic to more than one thing.² If you have these sensitizations and you encounter multiple triggers, it may cause you to cross your symptom threshold.



Symptom threshold



**Level of allergen exposure
when symptoms appear**

This is why it's critical to understand your particular triggers and reduce exposure to keep you below the symptom threshold.

Step 4: Get tested to find out your triggers

Ask your healthcare provider about specific IgE blood testing to help identify which allergens you're reacting to.

These tests cover:



Pollen



Pet dander

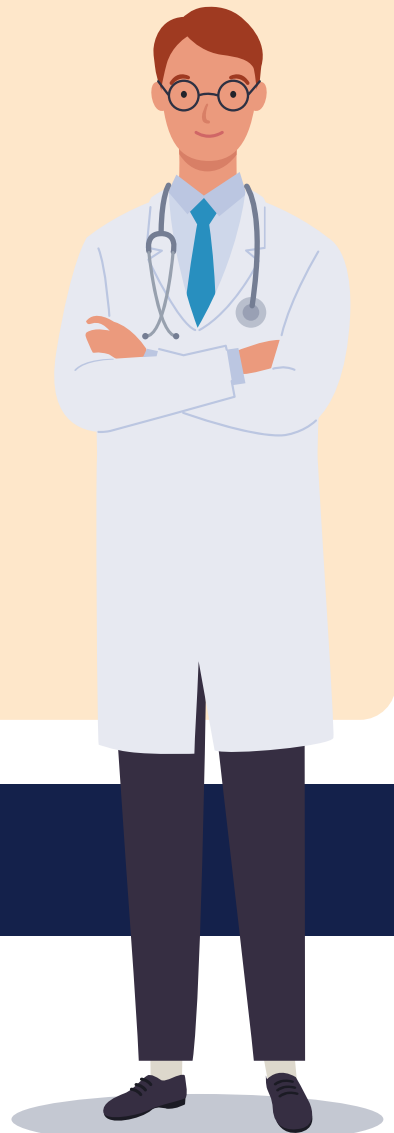


Mold



Dust mite

Testing can help identify your allergic triggers, or if your symptoms are not from an allergic reaction at all. This information lets you know how to limit exposure to your triggers, helps rule in or rule out allergies, and avoid crossing the symptom threshold.



Talk to your healthcare provider about specific IgE blood tests.

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