

LIFESTYLE

LESSONS



All About Allergies

According to the American College of Asthma, Allergy and Immunology, approximately 50 million Americans suffer from allergies each year. These negative reactions occur as a result of coming in contact with normally harmless substances.

Some allergies change or disappear over time, while seasonal attacks will return at the same time each year, lasting anywhere from a few weeks to a couple of months. Keep reading to learn more about allergies and how to mitigate your symptoms.

Allergies Explained

Though allergies can affect anyone, these characteristics can increase your risk:

- Being under 18 years old
- Having at least one parent with allergies
- Suffering from conditions such as asthma

Common symptoms of allergies include sneezing, coughing, itchy or watery eyes, dry throat and stuffy or runny nose. These symptoms can range in severity, depending on the person.

Minimizing Your Symptoms

To alleviate allergy symptoms:

- Stay indoors when the pollen count outside is high.
- Keep your home clean and as dust-free as possible.
- Place pillows, mattresses and duvets in allergen-proof encasements.
- Use a vacuum cleaner with double bags, allergen-trapping bags or a HEPA filter.
- Avoid having pets or going near others' pets if you're allergic to animals.

Allergy Treatment Options

Treatment for most allergies is available through over-the-counter medications or by prescription. If your symptoms do not go away after a few days of over-the-counter treatment and rest, consult your doctor for additional treatment options.

For more lifestyle guidance, contact us today.

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