

take a breather



Get relief from allergy or asthma symptoms with an action plan.

People with common allergies often endure the sneezing, runny nose, and watery eyes for weeks or months at a time. These symptoms can lead to asthma, which may be dangerous.

While many over-the-counter medications can relieve allergy and asthma symptoms, it's best to prevent exposure to the allergens that trigger them. Talk to your doctor about allergy testing to identify your specific triggers. These can vary from certain tree or grass pollens, pet fur or dander, feathers, dust, or even insects.

Once you know what sets you off, take action. You may have to adjust your lifestyle to accommodate pets or change your housekeeping habits, but in the end, you'll breathe easier.

Visit kp.org/allergies or kp.org/asthma for some fresh perspective.

Kaiser Permanente health plans around the country: Kaiser Foundation Health Plan, Inc., in Northern and Southern California and Hawaii • Kaiser Foundation Health Plan of Colorado • Kaiser Foundation Health Plan of Ohio • Kaiser Foundation Health Plan of Georgia, Inc., Nine Piedmont Center, 3495 Piedmont Road NE, Atlanta, GA 30305, 404-364-7000 • Kaiser Foundation Health Plan of the Mid-Atlantic States, Inc., in Maryland, Virginia, and Washington, D.C., 2101 E. Jefferson St., Rockville, MD 20852 • Kaiser Foundation Health Plan of the Northwest, 500 NE Multnomah St., Suite 100, Portland, OR 97232

In with the good

Air out any misconceptions about allergies and asthma:

Tell-tale signs. Don't confuse cold symptoms with allergies. Colds usually last 7 to 10 days and can cause a fever.

Feel the squeeze. If you cough and wheeze, or get bronchitis often, you may need to be treated for asthma.

Change with the times. Keep in mind that, even if your home environment doesn't change, you can still develop allergies as you age.