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.