

Allergies

When visiting a physician about allergy problems. This checklist will help you need answer questions your physician may have. Check all that may apply:

Symptoms you may have:

- Watering eyes
- Itchy eyes
- Runny nose
- Itchy nose
- Sneezing
- Nasal congestion
- Headaches
- Facial swelling

Write in any additional symptoms not listed:

-
-

When are your allergies the worst?

- First thing in the morning
- When I'm outdoors
- When I exercise
- Around my pet
- At the end of the day
- In carpeted areas
- In the spring time
- All year long
- After a day in the yard
- While at work

Consider wearing a medical ID bracelet or carry a Medi-alert card in your wallet.

Visit [MamasHealth.com](http://www.MamasHealth.com) for more information
<http://www.MamasHealth.com/allergies/>



Simply Easy . Healthy You

MamasHealth.com