



Reminders

Keep a Symptom Diary to help you see if there's a pattern to your allergy symptoms. You'll find a diary you can use as part of the **1on1health® Allergy Action Plan**.

Don't wait until you have symptoms to take steps to control your allergies.

If you feel okay now, allergy-proofing your home may not seem urgent. But taking steps now could save you from suffering later.

Tell your doctor if you take any prescription medicines, non-prescription medicines, herbal treatments, or supplements.

Identify The Issues

To get the most from any treatment program, you and your doctor must work together. Talk with him or her about how you can prevent and treat allergic reactions.

Take control

Learn about your condition. Take an active role in treatment decisions. During your doctor's visit, talk about your symptoms, how well your treatment works, and if you've had any problems. And, ask questions.



Know your medicines

Think about asking your doctor some of these questions:

- What is the name of the medicine you're prescribing for me?

- How much should I take and when should I take it?

- How soon should I expect to feel results?

- What side effects might I have? What can I do about them?



Identify The Issues, continued



Know your medicines, continued

- Should I continue to take my medicine even though I feel better?
 YES NO
- Will my allergy medicine affect my activity and energy levels?
 YES NO
- Are non-prescription nasal allergy medicines right for me?
 YES NO
- Should I take prescription allergy medicines every day, whether or not I have symptoms?
 YES NO
- How often do I need to take nasal allergy medicine?

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- Can I take any two allergy medicines at the same time?
 YES NO

- Do I need to be tested for specific allergies?

- Would allergy shots work for me?
