



## REMINDER

### Seasonal Allergies

#### Description of Issue and Importance

Much of the United States will experience increased pollen counts during late summer or early fall, causing symptoms such as watery eyes, sneezing, watery discharge from the nose, headaches, coughing, wheezing, irritability, depression, loss of appetite, trouble sleeping, and inflammation of inner eyelids and whites of the eyes.

Individuals with intellectual/developmental disabilities (IDD) also experience seasonal allergies, but often cannot verbally communicate their symptoms.

Pain and discomfort from seasonal allergies may be expressed through changes in **eating, drinking, sleeping, communication, daily routine, appearance, behavior, general manner or mood, or physical health.**

#### Recommended Action and Prevention Strategy

- Be especially alert for signs and symptoms of seasonal allergies in individuals who cannot express their feelings.
- Help the individual to avoid contact with known allergens that cause symptoms.
- Seek medical assistance for treatment of seasonal allergies; individuals with IDD can be at a higher risk of developing further respiratory complications from allergy symptoms.

#### Related Resources

*"Seasonal Allergies" Fact Sheet*

## References

*Asthma and Allergy Foundation of America. Tips for people with allergies. Retrieved 10/09/2015 from: <http://www.aafa.org/display.cfm?id=9&sub=103&cont=719>*

*American Academy of Allergy, Asthma & Immunology. Allergies. Retrieved 10/09/2015 from: <http://www.aaaai.org/conditions-and-treatments/allergies.aspx>*

*WebMD Allergies Health Center. Retrieved 10/09/2015 from: <http://www.webmd.com/allergies/default.htm>*