

REMINDER

HEALTH & SAFETY: SEASONAL ALLERGIES

Description of Issue and Importance

Much of the United States will experience increased pollen counts during late summer, 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.

Persons with Intellectual/Developmental Disabilities also experience seasonal allergies, but often cannot verbally communicate their symptoms.

Pain and discomfort from seasonal allergies may be expressed through changes in behavior, appetite, sleeping patterns, and activity levels.

Recommended Action and Prevention Strategy

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

Related Resources

“Seasonal Allergies” Fact Sheet

Asthma and Allergy Foundation of America: www.aafa.org

American Academy of Allergy, Asthma, and Immunology: www.aaaai.org

WebMD Allergies Health Center: www.webmd.com/allergies

Outreach Services

1-866-429-5290 • outreach@fssa.in.gov • DDRSOutreach.IN.gov

For related reminders and resources, please visit DDRSOutreach.In.gov.



Indiana Family & Social Services Administration
Division of Disability & Rehabilitative Services
Bureau of Quality Improvement Services