



Common Symptoms Associated with Allergy

Molds

Physical Symptoms: Wet cough, Chronic Sinusitis, Eustachian Tube Dysfunction, Headaches, Nasal Obstruction, Itching of skin and eyes, Pharyngitis, Laryngitis, Matting of the eyes, Cloudy nasal discharge.

Exposures Causing Symptoms: Dampness, Basements, attics, rainy weather, mowing the lawn, gardening, old leather, clothing or books, cheeses, mustiness, outdoors (in P.M.), in air conditioning, older building / homes, factories, barns, hay.

Pollens

Physical Symptoms: Itching, watery, red eyes, thin / clear nasal mucous, sneezing, dry hacking cough, nasal itching.

Exposures Causing Symptoms: Any outdoor activities, mowing lawn, open windows, April through September until first hard frost.

Danders

Physical Symptoms: Itching of the nose, red /watery eyes, sneezing, itching of the roof mouth, clear nasal drainage.

Exposures Causing Symptoms: Daily exposure to animals, feather pillow, animal care employees, research labs, pet stores.

House Dust / Dust Mite

Physical Symptoms: Sneezing, clear / cloudy nasal discharge, burning of the nasal passages, nasal stuffiness, chronic sinusitis, symptom increase in the A.M., after arising, cough.

Exposures Causing Symptoms: Carpets, pillows, mattress and box springs, attics, storage areas, upholstered furniture.