



Allergy Self-Assessment

- Do you have any hay fever symptoms, such as sneezing, watery nasal drainage and nasal itching?
- Do you have chronic nasal congestion or postnasal drip?
- Do you have sinus problems, frequent colds or headaches?
- Do your eyes itch, water, get red or swell?
- Do you have asthma, a tight chest or a chronic cough?
- Do you have eczema, hives or itching?
- Do you have indigestion, bloating, diarrhea or constipation after eating certain foods?
- Do you have chronic fatigue or tiredness?
- Are your symptoms seasonal, or do they worsen when seasons change?
- Do your symptoms change when you are indoors/outdoors?
- Are your symptoms worse in parks or grassy areas?
- Do your symptoms worsen when in contact with dust, while vacuuming, etc?
- Are your symptoms worse around animals?

If you answered yes to any of these questions, please schedule an allergy consultation with us.