Sneezing, red/watery eyes, itchy throat, trouble breathing? You might think you are getting sick, but it might be **ALLERGIES**!

Q: I don't have allergies at home so why would I have them here at school?  
A: Dallas, TX has a very different allergen panel than many other parts of the U.S. Your body might not be used to the pollen in this new environment and you may consequently experience an allergic reaction.

"Just because you've never had allergies before doesn't mean you can't develop them later in life."
- Dr. Peter Davis (SMU Physician)

Dallas ranks #1 in the top 5 worst cities for overall allergen sensitization

Quest Diagnostics, 2011 Allergy Report
## Am I Sick or is it Allergies?

<table>
<thead>
<tr>
<th>Allergies</th>
<th>Symptoms</th>
<th>Respiratory Illness</th>
</tr>
</thead>
<tbody>
<tr>
<td>Common</td>
<td>Sneezing</td>
<td>Common</td>
</tr>
<tr>
<td>Common</td>
<td>Nasal Congestion</td>
<td>Common</td>
</tr>
<tr>
<td><em>Common</em></td>
<td>Red/Itchy/Watery Eyes</td>
<td>Never</td>
</tr>
<tr>
<td>Sometimes</td>
<td>Sore Throat</td>
<td>Common</td>
</tr>
<tr>
<td>Common</td>
<td>Wheezing</td>
<td>Sometimes</td>
</tr>
<tr>
<td>Never</td>
<td>Aches/Pains</td>
<td>Common *</td>
</tr>
<tr>
<td>Never</td>
<td>Fever</td>
<td>Sometimes *</td>
</tr>
</tbody>
</table>

3-14 days  
3-6 weeks

### What to do when Experiencing Allergies

1. Visit the SMU pharmacy for over-the-counter allergy medication (antihistamines, eye drops, decongestant).
2. Limit your outside exposure when pollen levels are high.
3. Wipe down your dorm room with disinfectant and vacuum to remove any excess pollen.
4. Try using a HEPA filter to keep the air in your room clean.
5. If you are still feeling sick, schedule an appointment at the SMU Health Center.

### Build Your Own Allergy Kit

- Over-the-Counter Allergy Medication
- Anti-Allergen Pillow Cases
- Disinfectant Wipes
- HEPA Filter
- Anti-Allergen Mattress Cover
- Vacuum
- Over-the-Counter Allergy Medication

### SMU Resources

Office for Community Health Promotion
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