

# SMU WellFacts

## Allergies



### The Allergen Panel

**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)



Tree Pollen



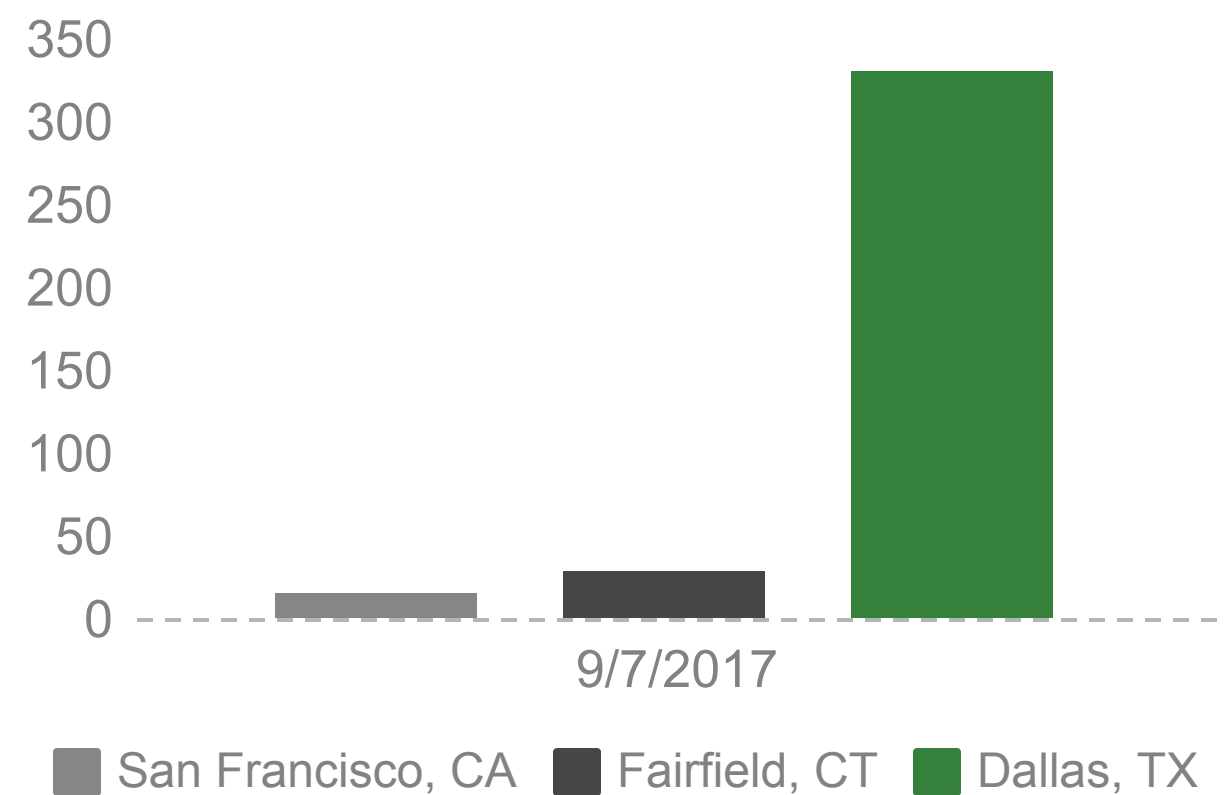
Grass Pollen

### Common Allergens



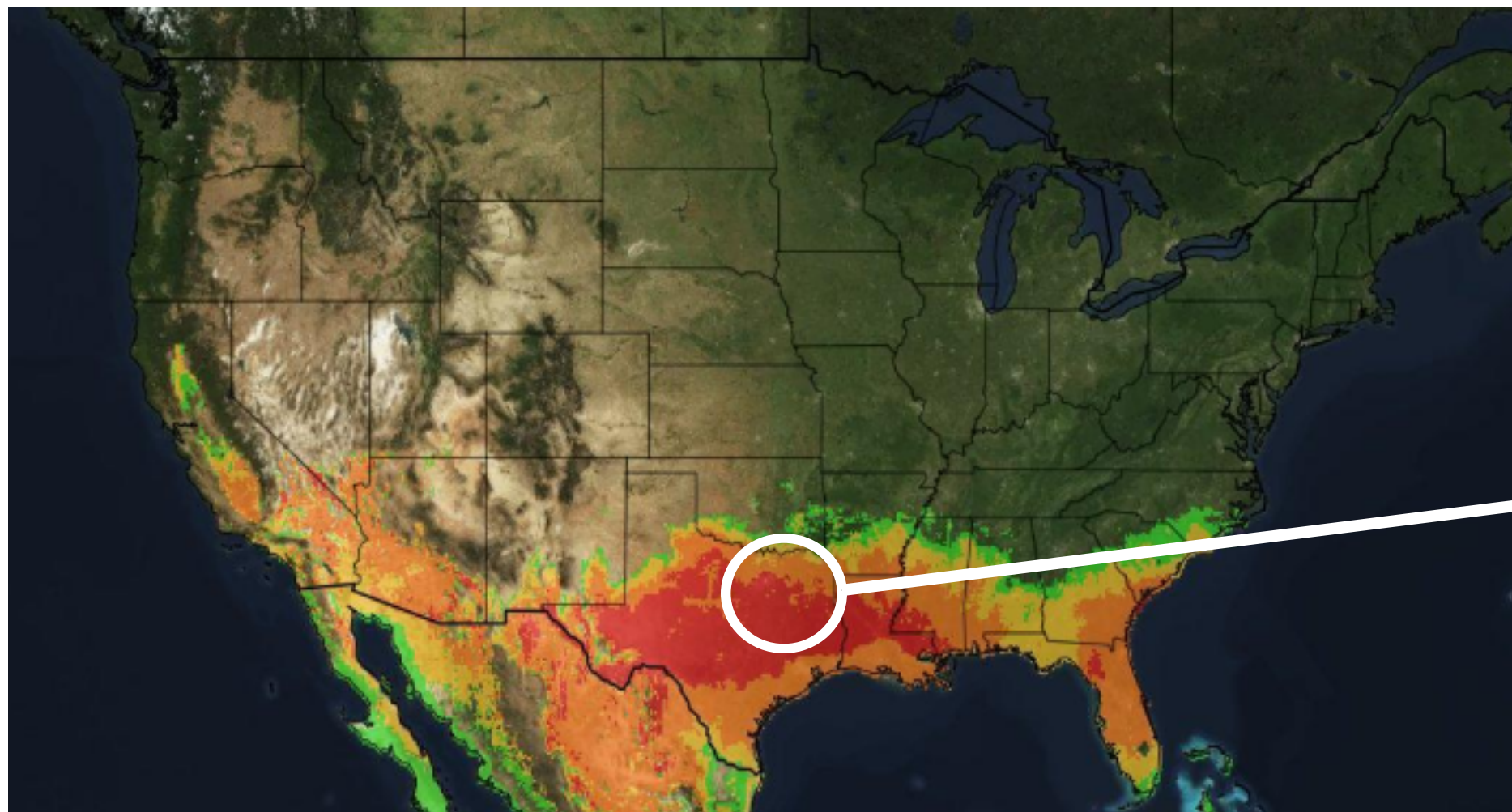
Ragweed Pollen

### Pollen Count



**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?

## Allergies

## Symptoms

## Respiratory Illness

Common	.....	Sneezing	.....	Common	
Common	.....	Nasal Congestion	.....	Common	
*Common	.....	Red/Itchy/Watery Eyes	.....	Never	
Sometimes	.....	Sore Throat	.....	Common	
Common	.....	Wheezing	.....	Sometimes	
Never	.....	Aches/Pains	.....	Common*	
Never	.....	Fever	.....	Sometimes*	
3-14 days		.....	Duration	.....	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



#### SMU Resources

Office for Community Health Promotion  
[health@smu.edu](mailto:health@smu.edu)

Dr. Bob Smith Health Center  
 214-768-2141

Dr. Bob Smith Health Center  
 6211 Bishop Boulevard  
 Dallas, TX 75205  
 214-768-2393 | [health@smu.edu](mailto:health@smu.edu)

*Presented by:*

**Office for Community Health Promotion**



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