

**One of every 5 adults
and 2 of every 5 children
suffer from seasonal
or year-round allergies.**

But people with allergies **CAN**
live healthy and active lives.

When medications like anti-histamines and
or decongestants fail to adequately control
allergy symptoms, allergen immunotherapy
can often help.

How Do I Get Started?



Tell your health care
provider that you
believe you have
been experiencing
allergy symptoms
and you would like
to be tested for allergies.

What is Allergy Testing?

Allergy testing identifies substances in the
environment that trigger your allergy symptoms.
Common allergens include pollen, molds, dust
mites, and pet dander. Allergy testing is not painful
and takes 20-30 minutes to complete. If you have
a positive response to any of the allergens you are
tested for, it will appear as a raised, red bump on
your skin and look similar to a mosquito bite.

What is Allergen Immunotherapy?

Allergen immunotherapy is an allergy treatment
aimed at decreasing your body's sensitivities to
the specific substances in the environment
causing your allergy symptoms.
Immunotherapy works by introducing
your body to increasing concentrations
of your specific allergens over time.

What are the Benefits of Allergen Immunotherapy?

The potential benefits of allergen
immunotherapy include fewer and less
frequent allergy symptoms, reduced need
and out-of-pocket expenses for allergy
medications, and an overall better quality of life.
Allergen immunotherapy also offers long term
symptomatic relief from allergy symptoms even
after you end treatment.

In children, allergen immunotherapy helps protect
them from developing asthma or other allergies.



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Did You Know?

- Over 60 million Americans suffer from allergies.
- Allergies are the 5th leading cause of chronic disease in the U.S.
- Allergic rhinitis (hay fever) accounts for more than 4 million missed days of work and 2 million missed days of school.
- Over 15 million doctor office visits each year are due to patients seeking relief from symptoms of allergic rhinitis.

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Clay County Hospital

911 Stacy Burk Drive, Flora, IL
618-662-2131

Clay County Hospital Clinic

929 Stacy Burk Drive, Flora, IL
618-662-2191

CCH Louisville Clinic

935 Bryant Street,
Louisville, IL
618-662-2191

Some of the
most common
symptoms of
allergies include:

- Itchy Eyes
- Watery Eyes
- Swelling of Outer Eyelids
- Darkness and Swelling Underneath the Eyes
- Itchy Throat
- Trouble Breathing
- Runny Nose
- Nasal Congestion
- Post-nasal Drip
- Hives, Itchiness, or other Skin Conditions
- Cough
- Sneezing
- Preferred Mouth Breathing

If you have been experiencing one or more of these symptoms, take a step toward allergy relief. Talk with your health care provider today about allergy testing and treatments.

Sneezing...
Difficulty Breathing...
Congestion...
Watery Eyes?
Itching?



You may have
an allergy.
Ask your health care
provider TODAY about
allergy testing
and treatments.



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