Description of Issue and Importance

Much of the United States will experience increased pollen counts during late summer, causing symptoms such as watery eyes, sneezing, watery discharge from the nose, headaches, coughing, wheezing, irritability, depression, loss of appetite, trouble sleeping, and inflammation of inner eyelids and whites of the eyes. Persons with Intellectual/Developmental Disabilities also experience seasonal allergies, but often cannot verbally communicate their symptoms.

Pain and discomfort from seasonal allergies may be expressed through changes in behavior, appetite, sleeping patterns, and activity levels.

Recommended Action and Prevention Strategy

- Be especially alert for signs and symptoms of seasonal allergies in persons who cannot express their feelings.
- Help the person to avoid contact with known allergens that cause symptoms.
- Seek medical assistance for treatment of seasonal allergies; persons with intellectual/developmental disabilities can be at a higher risk of developing further respiratory complications from allergy symptoms.

Related Resources

“Seasonal Allergies” Fact Sheet
Asthma and Allergy Foundation of America: www.aafa.org
American Academy of Allergy, Asthma, and Immunology: www.aaaai.org
WebMD Allergies Health Center: www.webmd.com/allergies

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For related reminders and resources, please visit DDRSOutreach.In.gov.