

e+HOUSECALL

YOUR MONTHLY GUIDE TO HEALTHCARE AWARENESS



Is it a cold or allergies?

We might be grateful for warmer weather as winter thaws into spring. However, the common cold is still very prevalent even as seasonal allergies are just beginning to show up. Sometimes it's hard to tell which of these conditions you have.

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Allergies – Understanding and managing your symptoms

Allergies happen when your immune system has a bad response to something that's usually harmless — tree pollen, dust, pet hair, or certain foods. The immune system identifies these things as dangerous, setting off an allergic reaction, like sneezing or a rash.

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