

WHAT'S YOUR ALLERGY IQ?

1. Which steps best help to reduce seasonal allergy exposure and symptoms?
 - a. wear waterproof shoes
 - b. wear a hat
 - c. line-dry your clothes
 - d. b and c

2. What are the best plants and flowers to have if you have seasonal allergies?
 - a. azalea
 - b. begonia
 - c. bulbs (tulip, iris, poppy, and daffodil)
 - d. orchid
 - e. all of the above

3. What is the culprit that hits many seasonal (spring) allergy sufferers *first* (in places with seasons)?
 - a. tree
 - b. ragweed
 - c. weed
 - d. mold spores

4. Which climate condition is most associated with higher levels of seasonal pollen?
 - a. rain
 - b. dry air
 - c. clouds
 - d. wind

5. Which has the greatest effect on worsening seasonal allergies?
 - a. fresh fruits and vegetables
 - b. wheat
 - c. flaxseed
 - d. buckwheat

6. The best way to clean the air in your home is by
- a. running a window fan
 - b. using a cool-air humidifier
 - c. turning on the air conditioner and/or HEPA air filter
 - d. regularly sweeping and dusting surfaces
7. When is best to work in your garden if you have seasonal allergies?
- a. early morning
 - b. mid-afternoon
 - c. early evening
 - d. after it rains
8. Which factor most likely affects your allergies?
- a. air temperature
 - b. humidity
 - c. ozone
 - d. breezy and windy days
9. What is the best way to reduce the load of seasonal allergens entering your home on a high-pollen day?
- a. create a “pet-free” bedroom
 - b. brush/wipe your pet before entering the home
 - c. pretreat with your allergy medications before exposure
 - d. all of the above
10. Which symptom usually helps to tell the difference between allergy and a cold?
- a. stuffy nose
 - b. cough
 - c. headache
 - d. itchiness

11. The number one estimated food allergy among adult women is
___ a. cow's milk
___ b. egg
___ c. shellfish
___ d. tree nuts
12. If you use anti-allergy medications, it is ideal to take them
___ a. before allergy season begins
___ b. after your symptoms develop
___ c. year-round
13. Which is a possible cause of sneezing?
___ a. pollen and/or mold spores
___ b. spicy foods
___ c. bright sunlight
___ d. all of the above
14. Acupuncture may help to reduce allergy symptoms.
___ a. true
___ b. false
15. Moving to a new geographical area, particularly the Southwest, will likely reduce many triggers for allergy and asthma.
___ a. true
___ b. false
16. Eating local honey helps relieve symptoms of seasonal allergy.
___ a. true
___ b. false

17. _____ is a great natural mosquito repellent.
- ___ a. oil of lemon eucalyptus
 - ___ b. canola oil
 - ___ c. avocado oil
 - ___ d. olive oil
18. As a pet owner with mild to middling allergy, you can reliably improve your condition by getting a certified hypoallergenic cat or dog.
- ___ a. true
 - ___ b. false
19. As we age, we tend to get
- ___ a. more allergic
 - ___ b. less allergic

ANSWERS TO QUIZ:

1. b. wear a hat
2. e. all of the above
3. a. tree
4. d. wind
5. a. fresh fruits and vegetables
6. c. turning on the air conditioner and/or HEPA air filter
7. d. after it rains
8. d. breezy and windy days
9. c. pretreat with your allergy medications before exposure
10. d. itchiness
11. c. shellfish
12. a. before allergy season begins
13. d. all of the above
14. a. true
15. b. false
16. b. false
17. a. oil of lemon eucalyptus
18. b. false
19. b. less allergic