

take a breather



Get relief from allergy or asthma symptoms with an action plan.

People with allergies often endure sneezing, runny nose, and watery eyes for weeks or months at a time. These symptoms can lead to asthma, which may be dangerous. Talk to your doctor about allergy testing to identify your triggers. In the meantime, air out any misconceptions about allergies and asthma:

Telltale signs.

Don't confuse cold symptoms with allergies. Colds usually last 7 to 10 days and can cause a fever.

Feel the squeeze.

If you cough and wheeze, or get bronchitis often, you may need to be treated for asthma.

Change with the times.

Keep in mind that, even if your home environment doesn't change, you can still develop allergies as you age.

[learn more](#)

Visit kp.org/allergies or kp.org/asthma for some fresh perspective.

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