

1. Pollens (trees, grasses and weeds) are worse during what time of the day?
2. Molds are worse outdoors during what time of the day?
3. Dust mites eat what?
4. Dust mites are found where?
5. What is the best way to clean carpets that will kill dust mites?
6. Tree pollens can travel how far with the wind?
7. Most toxic tree pollen is?
8. Lightest tree pollen that can travel the greatest distance?
9. This weed has been found 500 miles out at sea and up to 25,000 feet in the air?
10. If your symptoms are worse within approximately 30 minutes of retiring in bed for the evening, your more than likely are allergic to this.
11. If both parents of a child have allergies, the child has a \_\_\_\_\_% increased risk of developing allergies.
12. What % of patients with asthma have allergies?
13. True or False...Recurrent infections, (ear, sinus, bronchial) can be caused by allergies.
14. Pollen counts increase within \_\_\_\_\_ minutes of sunrise?
15. Dust mites are rarely found here?
16. What part of the cat is considered the allergen, or the part that makes people allergic to them?
17. Which sex of cat is more allergic, male or females?
18. This class of medications are one of the most important for controlling may allergy symptoms including itching of the eyes and nose, runny nose and sneezing.
19. This class of medications are the most helpful for treating congestion.
20. The top two food allergies in children are?

## Answers

1. 7 - 11 am
2. 5:30-8:30 pm
3. Dead skin scales
4. Bedding, carpet, upholstered furniture, clothing, closets auto seats
5. Steam clean
6. 40-50 miles
7. Pecan
8. Cottonweed
9. Ragweed
10. Dust mites
11. 50%
12. 80%
13. True
14. 60-90
15. Arid climates and high altitudes
16. The saliva and sebaceous glands
17. Males
18. Antihistamines
19. Decongestants
20. Eggs and milk