



[BEAUTY/FITNESS]

# allergy tracker

Do nuts or tomatoes turn your lips into a swollen mess?  
 Is your partner prone to pollen sneeze attacks? Here's a cheat sheet  
 for remembering each other's allergies.

The best way to alleviate your allergy symptoms is to simply avoid whatever's triggering them. Visit an allergy specialist that can run some tests (the most common is a skin test) so your chart will be as complete as possible.

foods			
HERS		HIS	
ALLERGY	MEDICATION	ALLERGY	MEDICATION

medicines			
HERS		HIS	
ALLERGY	MEDICATION	ALLERGY	MEDICATION

products			
HERS		HIS	
ALLERGY	MEDICATION	ALLERGY	MEDICATION

## natural (dust, mold, pollen, etc.)

HERS

HIS

ALLERGY

MEDICATION

ALLERGY

MEDICATION


## animals

HERS

HIS

ALLERGY

MEDICATION

ALLERGY

MEDICATION


## miscellaneous

HERS

HIS

ALLERGY

MEDICATION

ALLERGY

MEDICATION


### MEDICINES TO KEEP ON HAND

- Antihistamines
  - OTC (Benadryl, Claritin, and so on)
  - Prescription (Allegra, Zyrtec, and so on)
- Decongestants
  - Nasal sprays, eye drops, liquids, or pills
- Corticosteroids
  - Pills and sprays
- Epinephrine (EpiPen)
  - If allergies are severe

### DOCTORS' CONTACT INFORMATION

Name	_____
Specialty	_____
Phone	_____
Name	_____
Specialty	_____
Phone	_____
Name	_____
Specialty	_____
Phone	_____