

Health Corner TV®

ABCs of OTCs

You know the symptoms: itchy eyes, runny nose, sneezing, maybe even hives. They're all signs you're allergic to something. There are two main types of allergies. There are ones you can have all the time, like allergic reactions to food, pets, medications or household dust. Then, there are the more seasonal ones, which happen with things like pollen or air pollution. Many wonder: are kids' allergies inherited from their parents? They generally are not -- but the tendency to develop allergies is. The good news is many allergic reactions can be prevented. The best approach is to avoid allergens in the first place. It also helps to keep humidity in your home low. Washing your clothes and hair often helps reduce pollen, pet dander and dust. Even pets can be almost allergy-free: breeds like poodles, for example, have less dander than other dogs. If allergy symptoms include having trouble breathing, you should seek medical attention right away, as this can be a sign of a serious reaction. If it's more of the typical, minor reactions with itchy, watery eyes, sneezing or a stuffy nose, some really effective over the counter medications are available. You can always ask for pharmacist for advice on the best medication to take.