

# Pollen Allergy and Food Chart

<b>Patient Name</b> Ellis Drake	<b>Date</b> Dec 7, 2023
<b>Allergist/Healthcare Provider</b> Dr. Luna Castillo	
<b>Pollen Allergy Information</b>	
<b>Types of Pollen Allergy</b>	
<input checked="" type="checkbox"/> <b>Grass Pollen:</b> Timothy, Bermuda	
<input checked="" type="checkbox"/> <b>Weed Pollen:</b> Ragweed, Sagebrush	
<input type="checkbox"/> <b>Tree Pollen:</b>	
<input checked="" type="checkbox"/> <b>Other:</b> Mold spores during damp weather	
<b>Allergy Symptoms</b> Sneezing, runny nose, itchy eyes, occasional hives, and respiratory difficulties during high mold spore count	<b>Peak Pollen Seasons</b> Late Spring to early Summer for grass; late Summer to Fall for weed; damp, rainy seasons for mold

## Pollen Allergy Information

### Types of Food Allergy

**Shellfish:**

Shrimp, Crab, Lobster

**Nuts:**

Peanuts, Almonds, Walnuts

**Fish:**

**Dairy:**

mold-based cheeses

**Others:**

### Allergy Symptoms

Itching and swelling around mouth, hives, difficulty breathing, and anaphylaxis in severe cases.

### Cross-Reactivity Concerns

Possible cross-reactivity with melons, tomatoes (grass pollen), bananas, zucchinis (weed pollen)

**Record of Food Reactions**

Yang Chow Rice from Tiger Express – July 12, 2023 - Severe itching, swelling around mouth, administered antihistamine

Fresh Garden Salad, from Olive Orchard – Nov 25, 2023 - Difficulty breathing, hives, used EpiPen

**Healthcare Provider Recommendations**

Continuously monitor and avoid allergens. Keep emergency medications like antihistamines and EpiPen accessible. Regular follow-up appointments for allergy monitoring and management

**Additional Notes**

Family advised to maintain a clean, mold-free environment at home. School informed of Ellis's allergies for cafeteria safety