



# Press release

DATE: February 1, 2016  
FROM: AAFA External Affairs  
CONTACT: AAFA

---

## NEW SURVEY FINDS MOST AMERICANS SPEND LITTLE TIME THINKING ABOUT THEIR SEASONAL ALLERGIES UNTIL THEY HAVE SYMPTOMS

*New online resource encourages people to prepare before allergy season begins*

---

February 1, 2016, WASHINGTON, D.C. – A new online survey by the Asthma and Allergy Foundation of America (AAFA) and Merck finds that many Americans with seasonal allergies think most about managing their seasonal allergies only when they experience symptoms or at the start of allergy season. In response to insights from the survey, AAFA has teamed with Merck to launch Allergy PREP, an online resource to help patients with seasonal allergies prepare in advance of their allergy season.

The survey—which included 1,083 adults (ages 18-65) who have been diagnosed with seasonal allergies and 534 parents of children (ages 5-17) with seasonal allergies—found that, among respondents:

- **Close to two-in-three** adults with seasonal allergies felt confident that they had an idea about the season in which their allergies would be the most severe, but **over three-in-four** reported that they thought most about managing their seasonal allergies only when they experienced symptoms or at the start of allergy season.
- **38 percent** of adults with seasonal allergies felt that their symptoms were becoming more severe.
- **Almost three out of four (74%)** allergy sufferers had an idea what over-the-counter treatment options were available, but many didn't know what prescriptions were available (**55%**), what their allergy triggers were (**37%**), or how to help their allergy symptoms (**36%**).
- **Only 47%** of adults surveyed visited a doctor for advice or got a prescription for an allergy treatment from a doctor before allergy season.
- A large majority of parents of children with seasonal allergies (**nearly nine-in-ten parents**) worried about a severe allergy season more than their child's report card.

Allergy PREP (Prepare, REview, Plan), [allergyprep.aafa.org](http://allergyprep.aafa.org), encourages people with seasonal allergies to plan ahead and to:

- Prepare by educating themselves about the cause of seasonal allergy symptoms
- Review their seasonal allergy strategy



- Plan an appointment with a doctor

“As an allergist, I encourage my patients to prepare for their seasonal allergy symptoms well in advance of their allergy season. Seasonal allergies are something you should think about year-round, not just when symptoms hit,” says Dr. Clifford Bassett, a Board-certified allergist in NY and member of AAFA’s Medical-Scientific Council. “The Allergy PREP site can provide valuable information in addition to working with your doctor to help develop strategies or a course of action before your allergy season begins.”

To learn more about how you can prepare in advance of your allergy season, visit [allergyprep.aafa.org](http://allergyprep.aafa.org). The Allergy PREP site was developed in collaboration between AAFA and Merck & Co., Inc.

### **About the Survey**

The survey was conducted online within the United States by Kelton on behalf of the Asthma and Allergy Foundation of America and Merck Sharp & Dohme Corp. between August 6 and August 21, 2015. Respondents included 1,083 adults ages 18-65 in America who have been diagnosed with seasonal allergies and 534 parents of children ages 5-17 with seasonal allergies.

### **About AAFA**

The Asthma and Allergy Foundation of America (AAFA), a not-for-profit organization founded in 1953, is the leading patient organization for people with asthma, allergies and related conditions. AAFA provides practical information, community based services and support through a national network of chapters and support groups. AAFA develops health education, organizes state and national advocacy efforts and funds research to find better treatments and cures. To learn more about AAFA, visit [www.aafa.org](http://www.aafa.org).

CONTACT FOR MEDIA ONLY: Sanaz Eftekhari, AAFA External Affairs, [sanaz@aafa.org](mailto:sanaz@aafa.org), 202-466-7643, x238.