Dealing with Seasonal Allergies

Spring brings with it warmer weather and longer days. But it also brings grasses, flowers and other pollen producers. This is not good news for those who suffer from seasonal allergies.

Allergies affect individuals of all ages, and CenterLight Teamcare helps participants who suffer from them. If you are diagnosed with a seasonal allergy, your primary physician and Interdisciplinary Team (IDT) can adjust your treatment plans. This includes ensuring that any allergy regimen does not conflict with other medications or treatment.

These tips can help reduce the discomfort of allergies:

• **CHANGE CLOTHES WHEN YOU GET HOME.** This will help prevent the spread of pollen around your house.

• **WIPE DOWN PETS WHEN THEY COME IN FROM OUTSIDE.** Their coats can be a pollen and mold magnet. Bathe them at least once a week during pollen season.

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REMINDER: Please contact your Interdisciplinary Team if you are experiencing seasonal allergies.

Special Spring Events

Celebrate spring with Teamcare at our upcoming events. We offer more than 100 activities and programs at each site per month. This season, special events include Mother’s Day celebrations, Cinco de Mayo, trips and birthday parties.

View our full calendar of activities by logging on to www.centerlightteamcare.org and visiting our “For Participants” page.

For more information or to set up transportation, please call us at 1-833-252-2737, Monday-Friday, 8AM-8PM (TTY 711), or speak with your Participant Experience Advocate.
We’re Here to Help!

The CenterLight Teamcare Interdisciplinary Team is always here to help you. If you have any health concerns or symptoms, let us know and we’ll make sure that you’ll be seen by our on-site nurse or doctor right away.

You may also call us at 1-833-CL-CARES (1-833-252-2737), Monday-Friday, 8AM-8PM (TTY users should call 711). A member of our team will be in touch with you as soon as possible.

For emergencies, please call 911.

When to call Teamcare

- COUGH
- FEVER
- MINOR HEADACHE
- EARACHE
- COLD
- BODY ACHE AND PAINS

When to call 911

- CHEST PAIN
- SEVERE HEADACHE OR HEAD INJURY
- SUDDEN SHORTNESS OF BREATH
- SUDDEN WEAKNESS OR NUMBNESS
- UNCONTROLLED / NON-STOP BLEEDING
- FAINTING OR LOSS OF CONSCIOUSNESS

We’re Committed To Your Satisfaction

Please report any complaints you have to CenterLight Teamcare’s Appeals and Grievances Department. We are available Monday-Friday, 9AM-5PM. You may call us at 718-321-4267, email AppealsandGrievances@centerlight.org or send a fax to 315-825-4813. TTY users should call 711.
Medication Safety

It is very important to take medications in the way that your doctor prescribed. Often, people miss doses because:
• They do not understand the importance of a drug for their health condition, or
• They do not refill them when the medication runs out.

TIPS FOR STAYING ON TRACK WITH YOUR MEDICATIONS:

• Keep a list of your medications on your refrigerator so that you and the nurse visiting your home know what you are taking. The list should include names of both prescription and over-the-counter medications, dosage, frequency, and reason for taking them.

• Ask your caregiver to put your medications in a weekly or monthly pillbox separated by time of day. This will help you remember if you took your medication by seeing if the pills are removed from the box.

• Ask your pharmacy if they provide “blister packaging” (individual doses of your medication in separate packages).

• Ask your pharmacist to provide the label in your language.

• Set an alarm to remind you when you have to take your medication.

• Ask the pharmacy for refills 5 days before you run out of medication.

• Ask the pharmacy to call you when the medication is due for renewal.

• Use one pharmacy so that they can make sure there are no drug interactions among all of the medications that you take.

OTHER MEDICATION SAFETY TIPS

• If you do not understand why you are taking a medication or how to take it, ask your doctor.

• Do not take medications prescribed for another person or share your medication with someone else.

• Check the expiration dates on your medication bottles to make sure your medications are not expired.

• Bring your medication list to each doctor visit and notify them if you are aware that something has changed. Make sure to mention over-the-counter medications, vitamins, herbal supplements, creams, ointments and eye drops.

• If you experience a side effect, tell your doctor.

• Store medications in a cool, dry, safe place away from pets and children. Do not store them in the bathroom because the medication can be affected by humidity.

WE’RE A PART OF YOUR TEAM!

CenterLight Teamcare’s clinical pharmacists work with your doctor and interdisciplinary Team to help identify, prevent and resolve medication issues and drug interactions.
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**CLEAN AIR FILTRATION.** For those with a forced air heating and cooling system, make sure you have a clean, high-grade filter installed. Filters on window air conditioning units should also be removed and cleaned frequently.

**KEEP COOL INDOORS.** Remain indoors as much as possible on high pollen count days. Keep doors and windows closed and the air conditioning system on.

**SHOWER AND WASH YOUR HAIR BEFORE GOING TO SLEEP.** Do this even if it is your second shower of the day. This prevents taking pollen on your skin or hair into bed and on to your pillow.

**CONSULT YOUR DOCTOR** about new and existing allergy treatments that you can try to reduce the effects of allergy-causing substances.

If you take allergy medication, **DO NOT WAIT UNTIL YOU ARE ALREADY SUFFERING FROM SYMPTOMS** before you begin taking them. They are most effective when started before the allergy season arrives. As always, make sure you consult your doctor before taking any medications.


**Disclaimer:** All information on this newsletter is for our participants’ educational purposes only. It is not a substitute for professional medical advice. For specific medical advice, diagnoses, and treatment, please consult your doctor or healthcare professional. CenterLight Teamcare complies with applicable Federal civil rights laws and does not discriminate on the basis of race, national origin, age, sex, ethnicity, religion, sexual orientation, mental or physical disability or source of payment.