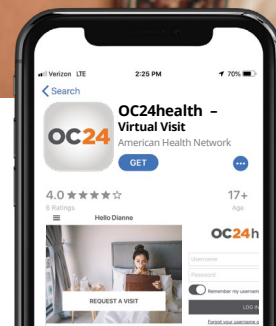


# Don't Let Allergies Get You Down

Seasonal allergies getting to you?

**OC24**health is here for you.



If you sneeze and cough or your nose and eyes itch and are runny during certain times of the year, you may have seasonal allergies.

Mold, trees, grass, and weed pollen are the most common triggers of allergies. Seasonal allergies develop when the body's immune system becomes sensitized and overreacts to something in the environment.

If you're suffering from seasonal allergies, it may be a good idea to speak with an allergist.

**Not sure if it's allergies? Remember OC24health provides you access to a doctor/medical provider 24/7, 365 days a year.**

 [OC24health.com](https://www.OC24health.com) |  Download the app |  855.617.2116

## Use your account to:

- Talk to a doctor/provider 24/7, anytime, anywhere
- Get a diagnosis of your symptoms, treatment, and a prescription when needed
- Download the app and enjoy the convenience of quality care on the go

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**If you or a covered dependent has a fever, cough or shortness of breath, call your doctor right away or video chat with one of our doctors/providers 24/7 through the OC24 app.**

**During this quickly evolving situation, staying informed can keep our communities safe. For the most up-to-date information about COVID-19, visit the Centers for Disease Control and Prevention (CDC) website at [www.cdc.gov](https://www.cdc.gov).**