

Allergy Symptom Score Sheet

To determine if you have allergies, rank the severity of your symptoms using the scale below.

- 0= No Problem
- 1= Mild Discomfort
- 2=Moderate Symptoms
- 3= Severe

Sneezing	0	1	2	3
Itchy/Runny Nose	0	1	2	3
Nasal Blockage	0	1	2	3
Itchy/Watery eyes	0	1	2	3
Ear Pain	0	1	2	3
Sinus Infection	0	1	2	3
Cough	0	1	2	3
Dizziness	0	1	2	3
Headache	0	1	2	3
Fatigue	0	1	2	3
Sleep Problems	0	1	2	3
Wheezing	0	1	2	3

We encourage you to print and bring your Allergy Symptom Score Sheet to your next appointment to determine if you are a candidate for immunotherapy.