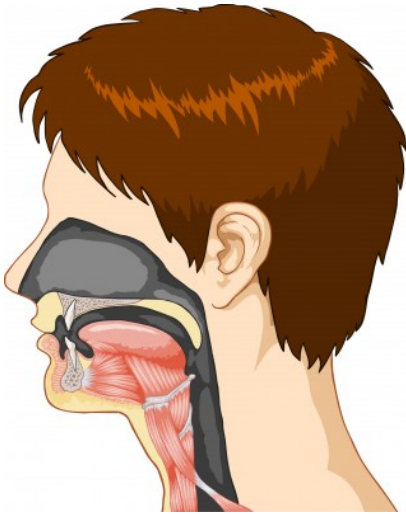


Diagnosis



Many people go undiagnosed for allergies and hay fever, or they are wrongly diagnosed because they self-diagnose.

The best thing to do if you are experiencing [symptoms of hay fever](#) is to go to your doctor and get a professional diagnosis. Your doctor may be able to diagnose hay fever based on a physical exam, a [careful evaluation of your symptoms](#) and observation of your symptoms. [Allergy Scratch-tests](#) may be recommended by your doctor to determine the possible triggers that are causing your allergies.



[Allergy Scratch-Tests](#)

[More Details about Allergy Scratch Tests >](#)