

LEARN ABOUT

ALLERGY



HEALTH
Department

This fact sheet is for information only and is not meant to be used for self-diagnosis or as a substitute for consultation with a health care provider.

What is An Allergy?

An allergy is when your body reacts to something harmless like pollen, food, or pet fur thinking it's dangerous.

How Are Allergies Treated?

Medicines like antihistamines to stop sneezing and itching.

Allergy shots for kids and adults help the body get used to allergens.

Avoiding triggers like staying inside on high pollen days or not eating certain foods.

Staying calm can make allergies feel worse.

Common Causes of Allergies Allergens are what cause allergies and include:

- Pollen from trees, grass, or flowers
- Pet hair or dander
- Certain foods like peanuts, eggs, or milk
- Insect stings
- Some medicines
- Dust, mold, or strong smells like perfume

Symptoms (What an Allergy Feels Like)

- Sneezing and runny nose
- Itchy eyes or nose
- Coughing or trouble breathing
- Stomach pain or throwing up after eating certain foods
- Swelling after a bug bite or sting
- Skin rashes or hives (itchy bumps)

Risk Factors

A family history of allergies, living with pets, being around things like pollen, dust, or smoke, or having asthma or other health problems can also make allergies more likely.