

# Allergies

An allergy occurs when the body reacts to a substance. This may cause a mild to severe problem. There are different kinds of allergies. The most common are:

- Airborne allergies such as pollen, mold, pet dander or dust
- Contact allergies such as metal, latex or chemicals
- Food allergies such as eggs, peanuts, nuts, milk, soy, wheat or shellfish
- Drug allergies

An allergy cannot be cured, but treatment can help you feel better.

## Signs

People can have different signs from the same allergy. Any type of allergy can cause hives or skin rashes and wheezing or trouble breathing. Other signs can depend on the cause of the allergy.

- **Pollen, mold, pet dander or dust allergies**
  - Itchy, runny or stuffy nose
  - Sinus pressure
  - Sneezing
  - Itchy, red, swollen, burning or watery eyes
  - Itchy throat or cough
  - More mucus
  - Decreased taste or smell
  - Headache
- **Contact allergies**
  - Itchy, red, swollen, burning or watery eyes
  - Swelling
- **Food allergies**
  - Nausea or vomiting
  - Abdominal pain or cramping
  - Diarrhea
  - Itchy, runny or stuffy nose
  - Itchy throat or cough

# 过敏

当身体对一种物质产生反应时，过敏就发生了。过敏可能会引起轻微至严重的问题，它有不同类型。最常见的是：

- 空气类过敏，如花粉、霉菌、宠物毛屑或粉尘
- 接触性过敏，如金属、乳液或化学品
- 食物过敏，如鸡蛋、花生、坚果、牛奶、大豆、小麦或贝类菜
- 药物过敏

过敏不能治愈，但是治疗能帮助您感觉舒服一些。

## 症状

对相同的过敏，人们可能有不同的症状。任何类型的过敏都能引起麻疹或皮疹以及喘鸣或呼吸困难。其他症状取决于过敏的原因。

- **花粉、霉菌、宠物毛屑或粉尘过敏**
  - 鼻子发痒、流鼻涕或鼻塞
  - 鼻窦有压迫感
  - 打喷嚏
  - 眼睛发痒、发红、发肿或发潮
  - 咽喉发痒或咳嗽
  - 较多痰液
  - 味觉或嗅觉失灵
  - 头痛
- **接触性过敏**
  - 眼睛发痒、发红、发肿或发潮
  - 肿胀
- **食物过敏**
  - 恶心或呕吐
  - 腹痛或痉挛
  - 腹泻
  - 鼻子发痒、流鼻涕或鼻塞
  - 咽喉发痒或咳嗽

Allergies. Simplified Chinese.

- Swelling around the mouth or trouble swallowing
- Fainting
- **Drug allergies**
  - Itching of the skin or eyes
  - Swelling of the lips, tongue or face
  - Fainting, dizziness or confusion
  - Rapid heart beat
  - Nausea or vomiting
  - Abdominal pain or cramping
  - Diarrhea

## **Your Care**

Avoid the substances that make your signs worse. Skin or blood tests may be done to check for allergies. You may need medicines to treat your allergies.

## **Call your doctor if you have:**

- Sudden side effects from the medicine
- Signs that get worse or keep you from doing your normal activities
- A fever over 101 degrees F or 38 degrees C

**Talk to your doctor or nurse if you have any questions or concerns.**

- 口腔周边肿胀或吞咽有困难
- 昏晕
- **药物过敏**
  - 皮肤或眼睛发痒
  - 嘴唇、舌头或面部肿胀
  - 昏晕、头晕或意识混乱
  - 心跳加速
  - 恶心或呕吐
  - 腹痛或痉挛
  - 腹泻

## **您的医疗**

要避免使您的症状恶化的物质。可能要做皮肤或血液测试以对过敏作检查。您可能需要药物治疗您的过敏。

## **如果您有以下症状，请打电话给您的医生：**

- 突然发生的药物副作用
- 症状不断恶化或使您无法进行正常活动
- 华氏 101 度或摄氏 38 度以上的发烧

**如有任何疑问或关注事宜，请告知您的医生或护士。**

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