

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

Xajiinta

Xajiintu waxay dhacdaa marka jidhku uu jawaab ka celiyo shay. Tani waxaa laga yaabaa in ay keento dhibaato yar ilaa mid daran. Waxaa jira noocyo xajiin ah oo kala duwan. Kuwa ugu badan waxay kala yihiin:

- Xajiin hawada ka dhalata sida faxalka, caaryada, dufta xayawaanka guriga ama habaaska
- Xajiinta taabashada sida birta, dheeha ama kiimikooyinka
- Xajiinta cuntada sida ukunta, looska, naatiska, caanaha, soyabiin, di ama kaluunka shellfish
- Xajiinta daawqamaada laga qaado

Xajiin lama daaweyn karo, laakiin daaweyntu waxay caawino ka geysan kartaa in aad roonaato.

Calaamadaha

Dadku waxay kala lahaan karaan calaamado kala duwan oo isku xajiin laga qaaday. Nooc kasta oo xajiin ah wuxuu keeni karaa finiinicyo ama jidhka oo casaada iyo feedho caabuq ama dhibaato neefsashada ah. Calaamadaha kale waxay ku xirnaan karaan sababta xajiinta.

- **Xajiin faxal, caaryada, dhogorta xayawaanka guriga ama habaas**
 - Cun-cun leh, sanko oo dareeraya ama cabbur
 - Cadaadis sanko fuula
 - Hindhiso
 - Indhaha oo cun-cun leh, guduuta, barara, hura oo biyo ka yimaadaan
 - Cune cun-cun ama qufac
 - Dheecaan fara badan
 - Dhadhanka oo qofka ku yaraada ama wax urinta
 - Madax xanuun
- **Xajiinta taabashada laga qaado**
 - Indhaha oo cun-cun leh, guduuta, barara, hura oo biyo ka yimaadaan
 - Bararid

Allergies. Somali.

- **Food allergies**
 - Nausea or vomiting
 - Abdominal pain or cramping
 - Diarrhea
 - Itchy, runny or stuffy nose
 - Itchy throat or cough
 - 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.

- **Xajiinta cuntada laga qaado**
 - Lalabbo ama matagid Calool xanuun ama casiraad
 - Shuban
 - Cun-cun leh, sanko oo dareeraya ama cabbur
 - Cune cun-cun ama qufac
 - Barar ku yimaada afka dhinacyadiisa ama wax liqidda oo dhib noqota
 - Suuxid

- **Xajiinta daawada laga qaado**
 - Cun-cunka maqaaka ama indhaha
 - Bararidda faruuryaha, carrabka ama wejiga
 - Suuxid, caajis ama isku dhex yaac
 - Wadne garaac deg-deg ah
 - Lalabbo ama matagid
 - Calool xanuun ama casiraad
 - Shuban

Daryeelkaaga

Ka fogow waxyaabaha calaamadahaaga uga sii daraya. Baaritaan maqaarka ama dhiigga ah ayaa laga yaabaa in la sameeyo si loo hubiyo xajiinta. Waxaa laga yaabaa in aad u baahato daawooyin si lagaaga daaweeyo xajiinta.

Takhtarkaaga wac haddii aad isku aragto:

- Saameyn liddi ah oo lama filaan ah oo daawada kaaga timid
- Calaamadaha ka sii dara ama kaa celiya in aad hawlahaagii caadiga ahaa qabsatid
- Qandho ka sarraysa 101 darajo oo F ah ama 38 darajo oo C ah

Takhtarkaaga ama kalkaalisada la hadal haddii aad wax su'aalo ama walaac ah aad qabtid.

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