

过敏

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 allergies are to:

- Things in the air such as pollen, mold, pet dander or dust
- Things you touch such as metal, latex or chemicals
- Foods you eat or drink such as eggs, peanuts, nuts, milk, soy, wheat or shellfish
- Insect stings, such as from yellow jackets, bees, wasps, hornets or ants
- Medicines

An allergy cannot be cured, but treatment can help you feel better. The best plan is to avoid the substances that make your signs worse.

Signs

The most common signs of allergies are hives or skin rashes and wheezing or trouble breathing. **If you have trouble breathing, call 911.** Other signs depend on the cause of the allergy and may include:

- Itchy, runny or stuffy nose
- Sinus pressure
- Sneezing
- Itchy, red, swollen, burning or watery eyes
- Itchy throat or cough
- Decreased taste or smell
- Headaches
- Nausea or vomiting
- Abdominal pain or cramping

当身体对一种物质产生反应时，就会发生过敏。过敏可能会引起轻微至严重的问题。过敏有不同类型，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、乳胶或化学品
- 食物或饮料过敏，如鸡蛋、花生、坚果、牛奶、大豆、小麦或贝类
- 虫子叮咬，如黄色胡蜂、蜜蜂、黄蜂、大黄蜂或蚂蚁
- 药物过敏

过敏不能治愈，但是治疗能帮助您感觉舒服一些。上策就是避开使症状恶化的物质。

症状

最常见的过敏症状有荨麻疹、皮疹、气喘或呼吸困难。**如果出现呼吸困难，请打911。**其他症状可能包括下列，具体取决于过敏的原因：

- 鼻搔痒、流鼻涕、鼻塞
- 鼻窦压力
- 打喷嚏
- 眼睛发痒、发红、发肿、有烧灼感或流泪
- 喉咙痒或咳嗽
- 味觉或嗅觉减弱
- 头痛
- 恶心或呕吐
- 腹痛或痉挛

- Diarrhea
- Swelling around the mouth or trouble swallowing

Your Care

Your doctor will ask you about your signs. Skin or blood tests may be done to check for allergies. Your doctor may suggest over the counter or prescription medicines to treat your signs.

Call your doctor if you have:

- 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.

- 腹泻
- 口腔周围发肿或吞咽困难

您的医疗

您的医生会询问您的症状。可能要做皮肤或血液测试以对过敏作检查。您的医生可能会建议使用非处方药或处方药来治疗您的过敏症状。

如果您有以下症状，请打电话给您的医生：

- 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。