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:

- 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

**Calaamadaha**

Calaamadaha ugu badan ee xajiimuhu waa finiinicyo ama finan maqaarka ah iyo hiinraag ama dhibaato neefsashada ah. *Haddii aad yeelato dhibaato neefsiga ah wac 911.* Calaamadaha kale waxay ku xirnaan karaan sababta xajiinta oo waxa ka mid noqon kara:

- San cuncun leh, sanka oo dareeraya ama cabbur
- Cadaadis ah dulalka sanka
- Hindhisoo
- Indhaha oo cuncun leh, guduuta, barara, hura oo biyo ka yimaadaan
• Itchy throat or cough
• Decreased taste or smell
• Headaches
• Nausea or vomiting
• Abdominal pain or cramping
• 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.

Daryeelkaaga
Dhakhtarkeaga ayaa wax kaa weydiin doona calaamadahaaga. Baaritaan maqaarka ama dhiigga ah ayaa laga yaabaa in la sameeyo si loo hubiyo xajiinta. Dhakhtarkeaga ayaa laga yaabaa inuu kuu soo jeediyu dawada aan la qorin ama daawada laguu qor si ay calaamadaha kaaga dawayso.

Takhtarkeaga wac haddii aad isku aragto:
• Calaamadahoo ka si dara ama kaa celiya in aad hawlahaagii caadiga ahaa qabsatid
• Qandho ka sarraysa 101 darajo oo F ah ama 38 darajo oo C ah

Takhtarkeaga ama kalkaalisada la hadal haddii aad wax su’aalo ama walaac ah aad qabtid.