

Xajiinta

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

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 xajiinta waxay kala yihiin:

- Waxyaabaha hawada ku jira sida saxarka ubaxa, caaryada, dufta xayawaanka guriga ama habaaska
- Waxyaabaha aad taabatid sida birta, cinjirka ama kiimikooyinka
- Cuntada aad cunto ama cabto sida ukunta, looska, yicibta, caanaha, soyabiin, qamadi ama alaalexeyda badda
- Qaniinyada cayayaanka, sida shinnida, xoonka ah hurdi iyo madow, xoonka kale, duburluxa iyo jinaca.
- Dawada

Xajiin lama bogsiiin karo, laakiin daaweyntu waxay caawino ka geysan kartaa in aad roonaato. Qorshaha ugu fiican waa iska ilaalinta waxyaabaha calaamadahaaga sii xumayn kara.

Calaamadaha

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

- San cuncun leh, sanko oo dareeraya ama cabbur
- Cadaadis ah dulalka sanko
- Hindhiso
- 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
- Cune cuncun leh ama qufac
- Dhadhanka oo qofka ku yaraada ama wax urinta
- Madax xanuun
- Lalabbo ama matagid
- Calool xanuun ama casiraad
- Shuban
- Barar ku yimaada afka dhinacyadiisa ama wax liqidda oo dhib noqota

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

Dhakhtarkaaga ayaa wax kaa weydiin doona calaamadahaaga. Baaritaan maqaarka ama dhiigga ah ayaa laga yaabaa in la sameeyo si loo hubiyo xajjinta. Dhakhtarkaaga ayaa laga yaabaa inuu kuu soo jeediyo dawada aan la qorin ama daawo lagu qoro si ay calaamadaha kaaga dawayso.

Takhtarkaaga wac haddii aad isku aragto:

- Calaamadaha oo 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.