



Allergies

There are many things that can trigger allergies (allergens). Pollen, animal dander, insect stings, some types of food and medication, mold and latex are among the most common. There are a wide range of allergic reactions, from mild congestion and irritation, to more severe symptoms such as difficulty breathing, generalized swelling or anaphylaxis.

A person with asthma may experience more intense symptoms when exposed to allergens. There are precautions that everyone can take to prevent allergy attacks, and to help relieve symptoms if an attack occurs.

How to Reduce Exposure

- **Insect Stings:** Don't wear bright colors or strong scents.
- **Pollen:** Stay inside in the morning and afternoon.
- **Food Allergies:** Read ingredient lists before you eat any food.
- **Fragrances:** Let coworkers and peers know about your allergy.
- **Animal dander:** Groom pets regularly and vacuum often.
- **Mold:** Avoid damp areas (basements, garages).



Resources

- [Center for Disease Control](#)
- [Asthma and Allergy Foundation](#)
- [WebMD: How to Avoid Allergy Attacks](#)
- [WebMD: Allergy Relief Kit](#)

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Don't learn safety by accident