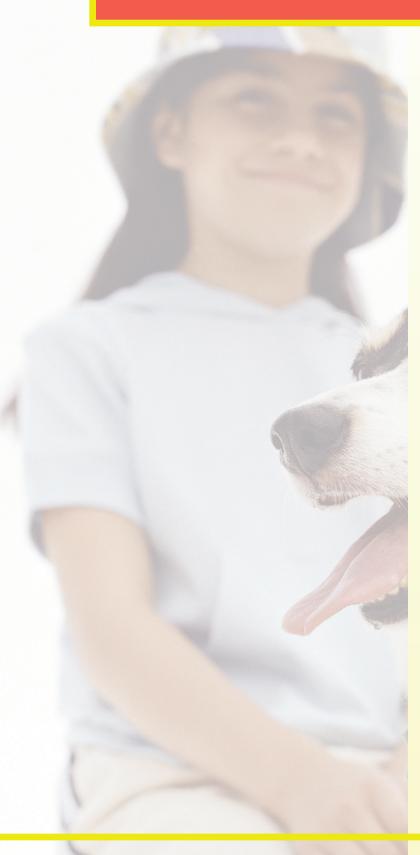




## **ALLERGY**



# "Allergic diseases can be controlled; symptoms can be prevented or minimized."

American Academy of Allergy, Asthma and Immunology, "The Allergy Report"

### Did you know...?

- As many as 40 or 50 million people in the United States suffer from Allergies.
- Allergies cause swollen eyes, itching skin, dripping noses, lightheadedness and even death.

#### What is it?

An allergy is a strong reaction by your body's immune system to something that would normally be harmless—a food, plant, or medicine, for example. Common reactions include a stuffy nose, itchy eyes, or a skin rash. Severe allergic reactions (see below) require immediate medical attention (see below).

Many people who have allergies also have asthma. Allergic reactions may trigger asthma attacks, where a swelling and tightening of your airways makes it difficult to breathe (see "Asthma" fact sheet).

#### Signs of Allergies and Allergic Reactions include:

- Asthma, shortness of breath, cough, chest tightness or wheezing (See "Asthma" fact sheet)
- Itchy, watery eyes
- Itchy, inflamed or runny nose
- Hives or itchy rash on skin
- Dark circles under and around eyes
- Recurring headache
- Diarrhea or stomach cramps
- Anaphylaxis (a severe reaction) may be life-threatening. Symptoms include: swelling, redness of the skin, hives, confusion, anxiety, lightheadness, stomach cramps, and nausea. If these symptoms are present, go immediately to a doctor or emergency room for treatment. Types of allergies

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U.S. Department of Housing and Urban Development

Office of Lead Hazard Control and Healthy Homes



There are many types of allergies. The following are some of the most common:

Indoor	Outdoor	Foods	Medications	Insect Stings and Bites	Contact with Skin
<ul> <li>dust</li> <li>dust mites</li> <li>mold</li> <li>pets (most often animal skin flakes or "dander")</li> </ul>	<ul><li>pollen (from flowering trees and grass)</li><li>mold</li></ul>	<ul> <li>milk</li> <li>citrus fruits</li> <li>eggs</li> <li>peanuts</li> <li>wheat</li> <li>fish &amp; shellfish</li> </ul>	<ul> <li>antibiotics (like Penicillin)</li> <li>anti-seizure drugs</li> <li>anesthetics</li> </ul>	<ul><li>bees</li><li>wasps</li><li>hornets</li><li>yellow jackets</li></ul>	<ul> <li>plants         (like poison ivy)</li> <li>cosmetics</li> <li>skin-care         products</li> <li>jewelry</li> <li>latex (gloves or condoms)</li> </ul>

#### What you can do

Know your allergies, and know what to avoid. Not everyone is allergic.

- Contact your doctor about any unusual reactions to food, plants, medicines, or other items.
- Avoid contact with things you know trigger allergies.
  - Avoid being outside or having the windows open when pollen counts are high.
  - Read food, medicine, and home care product lavels carefully to avoid ingredients that cuase reactions.
  - Use mattress mite-proof and pillow covers and wash bedding in hot water.
- Keep a clean home (for more tips, see "Asthma" fact sheet).
  - Control pests such as mice and cockroaches.
  - Vacuum floors and upholstery regurlarly using a HEPA (High Efficiency Particle Air) filter or micro-filtration bag, if possible.
  - Consider replacing carpet with smooth, easily cleaned flooring.
  - Avoid having mold, cigarette smoke, and hazardous chemicals inside the house.
  - Keep pets out of the bedrooms of family members who are allergic to them.
- In the event of a severe allergic reaction, seek emergency medical attention immediately.

#### For more information . . .

Visit HUD's website at www.hud.gov/healthyhomes for more information about addressing health hazards in homes or to learn if HUD has a Healthy Homes program in your community. From this website, you can download a copy of "Help Yourself to A Healthy Home" for more practical steps you can take to make your home a healthy home.

#### **Other Federal Resources**

US Environmental Protection Agency www.epa.gov/children

#### Other Resources

American Academy of Allergy, Asthma, and Immunology (AAAAI) www.aaaai.org

Asthma and Allergy Foundation of America www.aafa.org

The Allergy & Asthma Network: Mothers of Asthmatics (AANMA) www.aanma.org

Ask your doctor or contact your local or state department of health.

#### Keeping a clean home can reduce some allergens



<sup>1</sup>Source: American Academy of Allergy, Asthma and Immunology (AAAAI). The Allergy Report: Science Based Findings on the Diagnosis & Treatment of Allergic Disorders, 1996-2001