

# 过敏症

## 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, such as antibiotics

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

### Symptoms

The most common symptoms of allergies are itchy, runny, or stuffy nose, hives, or skin rashes. More severe allergy symptoms are swelling, wheezing or trouble breathing. If you have trouble breathing, call 911.

Other symptoms 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

当人体的免疫系统对某些物质发生异常反应时，就会发生过敏。后果可能轻微，也可能严重。过敏症有不同的种类。最常见的过敏原如下：



- 吸入性过敏原，如花粉、霉菌、宠物皮屑或灰尘
- 接触性过敏原，如金属、乳胶或化学品
- 食入性过敏原，如鸡蛋、花生、坚果、牛奶、大豆、小麦或贝类
- 昆虫叮咬，如黄胡蜂、蜜蜂、黄蜂、大黄蜂或蚂蚁的叮咬
- 注射性过敏原，如抗生素

过敏症无法治愈，但可通过治疗缓解症状。最好的策略是回避会加重症状或体征的物质。

### 症状

过敏最常见的症状是刺痒、流鼻涕或鼻塞、荨麻疹或皮疹。症状加重时，会出现肿胀、喘鸣或呼吸困难。如果出现呼吸困难，请致电 911。

其他症状取决于过敏原因，可能包括：

- 刺痒、流鼻涕或鼻塞
- 静脉窦压
- 打喷嚏
- 眼睛发痒、发红、肿胀、发热或流泪

- Itchy throat or cough
- Less able to 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 symptoms. Skin or blood tests may be done to check for allergies. Your doctor may suggest over the counter or prescription medicines or injections to treat your symptoms.

## Call your doctor if you have:

- Symptoms 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.**

- 喉咙发痒或咳嗽
- 味觉或嗅觉减退
- 头痛
- 恶心或呕吐
- 腹部疼痛或痉挛
- 腹泻
- 口腔周围肿胀或吞咽困难

## 医疗护理

医生会询问您的症状。过敏症可以通过皮肤反应测验或验血来检查。医生可能会建议用非处方药或处方药，或通过注射来治疗您的症状。

## 如有以下情况，请致电医生：

- 症状加重或妨碍您进行正常活动
- 发热超过 101 华氏度或 38 摄氏度

**如有任何疑虑，请咨询医生或护士。**