

Xasaasiyadaha

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.



Xasaasiyaddu waxay dhacdaa marka jidhku ka falceliyo shay. Tani waxay keeni kartaa dhibaato fudud ilaa mid daran. Waxaa jira noocyo kala duwan oo xasaasiyado ah. Xasaasiyaddaha ugu caansan waa:

- Waxyaabaha hawada ku jira sida manka, caaryada, dhogorta xayawaanka la rabaayadeeyay, ama busta
- Waxyaabaha aad taabato sida birta, cinjirka, ama kiimikooyinka
- Cuntooyinka aad cunto ama cabtid sida ukunta, lawska, lawska galalka adag, caanaha, soy-da, qamadida, ama kalluunada qolofleyda
- Qaniinyada cayayaanka, sida xayawaanka dakhsiga camal ee korka jaalaha ka ah, shinnida, dakhsi xigeenka korka jaallada ah leh, xoonka, ama qudhaanjada
- Daawooyinka, sida antibiyootiga

Xasaasiyad lama daweyn karo, laakiin daaweyntu waxay kaa caawin kartaa inaad fiicnaan dareento. Qorshaha ugu fiican waa in aad ka fogaado walxaha ka dhiga calaamadahaaga, ama astaamahaada, kuwa ka sii dara.

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

Calaamadaha

Calaamadaha ugu caansan ee xasaasiyaddu waa cuncun, duuf-bax, ama sanko oo xirma, cuncun, ama finan ka soo yaaca maqaarka. Calaamadaha xasaasiyadda ee daran ayaa ah barar, hiinraagitaan ama neefsashada oo qofka dhibta. Haddii aad dhib ku qabto neefsashada, wac 911.

Calaamadaha kale waxay ku xiran yihiin sababaha xasaasiyadda waxaana ka mid noqon kara:

- Cuncun, duuf-bax, ama sanko oo xirma
- Cadaadiska ka dhasha barar xuubabka sanqada
- Hidhisidda

- Itchy, red, swollen, burning, or watery eyes
- 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
- Cuncun, casaan noqoshada, bararida, gubashada, ama biyo ku soo istaaga indhaha
- Cune cuncun ama qufac
- Awood yar u lahaanshaha dhadhaminta ama urinta
- Madax xanuun
- Lalabo ama matag
- Xanuunka ama xanuun ka qabasada qeybta caloosha ee jidhka
- Shuban
- Ka bararida agagaarka afka ama dhib ku qabida wax liqidda

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.

Daryeelkaaga

Dhaqtarkaagu ayaa wax kaa waydiin doonaa calaamadahaaga/astaamahaaga. Baaritaannada maqaarka ama dhiiga ayaa laga yaabaa in la qaado si looga baarro xasaasiyadaha. Dhakhtarkaaga ayaa laga yaabaa inuu kugula taliyo inaad soo gadato dawooyin aan lagu qorin ama dawooyinka uu dhakhtar kuu qoray ama irbado si loogu daweeyo calaamadahaaga.

Wac dhakhtarkaaga haddii aad qabtid:

- Calaamadaha ka sii daraaya ama kaa ilaalinaya inaad qabato hawlahaaga caadiga ah
- Qandho ka badan 101 digrii F ama 38 digrii C

La hadal dhakhtarkaaga ama kalkaalisadaada haddii aad qabto wax su'aalo ah ama walaacyo.