

# YOUR GUIDE TO ALLERGIES

Get advice on allergies to protect you  
and your family against common triggers



## WHAT HAPPENS DURING AN ALLERGIC REACTION?

Allergies **occur** when your immune system reacts to something that's usually harmless. These triggers cause your body to produce a protein that binds to the allergens. During the binding process, histamine and other inflammatory messengers release into your blood, causing symptoms to appear. Symptoms range from mild to severe and - in some cases - they may be life-threatening.

That's why it's vital to learn what triggers to look out for and how you can treat them.

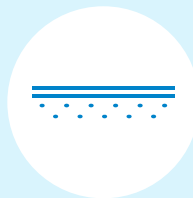
## COMMON ALLERGY SYMPTOMS

Symptoms may present differently depending on how and where the allergy exposure occurred. Here are some **common signs** you should be aware of:



### NASAL

- Itchy, watery eyes
- Sneezing
- Irritated, runny nose
- Tiredness/feeling ill



### SKIN

- Rash/hives
- Itchiness
- Swelling
- Pain



### FOOD OR MEDICINE

- Stomach cramps
- Vomiting
- Diarrhoea
- Tightness in the throat
- Swelling

# TOP 3 TREATMENTS FOR ALLERGIES

Generally, there are no cures for allergies; however, there are plenty of [treatment options](#) out there. Here are three of our top allergy treatment recommendations:

## 1. OVER-THE-COUNTER MEDICATION

When your symptoms are mild, you may wish to purchase some over-the-counter medication to provide some relief. Antihistamines and decongestants are available as pills, liquid medications, nasal sprays and eye drops. If the reaction occurs on your skin, there are also steroid creams that can help reduce the inflammation.

## 2. PAY A VISIT TO YOUR DOCTOR

If you believe that you or a loved one has a severe allergy, it's worth paying a visit to your doctor. The doctor will conduct some tests to diagnose the problem and possibly prescribe some medication.

A medical professional should always carry out the allergy test. Over-the-counter tests are often unreliable and won't provide you with the information or medication you need for future reactions.

## 3. IMMUNOTHERAPY

Are you affected by allergies for more than three months each year? Immunotherapy may be an effective treatment for you. These allergy shots or tablets expose your immune system to increasing levels of the trigger allergen and enable you to build a tolerance.

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