

MedPro Group

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Our Mission is...

To work towards the prevention of workplace injuries & illnesses, and to minimize their impact upon the employees & employers



Allergies occur when your immune system reacts to a foreign substance — such as pollen, bee venom or pet dander — or a food that doesn't cause a reaction in most people.

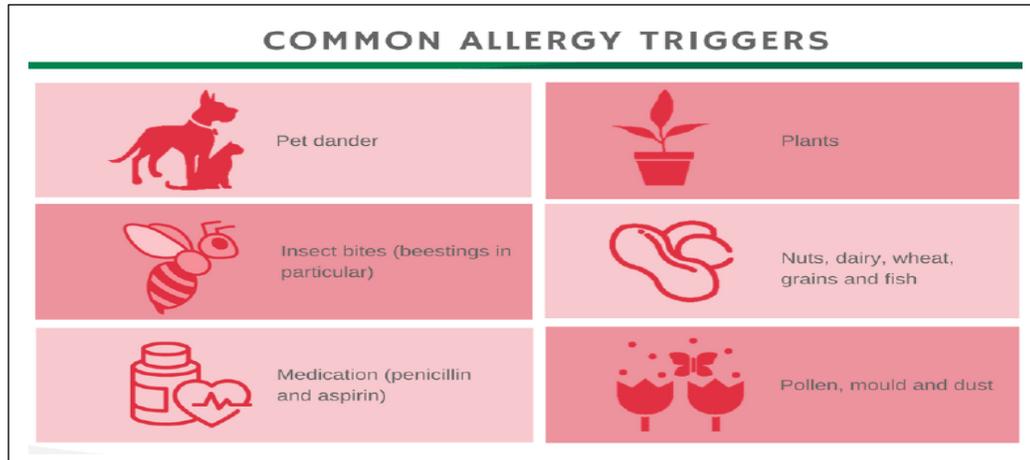
Your immune system produces substances known as antibodies. When you have allergies, your immune system makes antibodies that identify a particular allergen as harmful, even though it isn't. When you come into contact with the allergen, your immune system's reaction can inflame your skin, sinuses, airways or digestive system.

The severity of allergies varies from person to person and can range from minor irritation to anaphylaxis — a potentially life-threatening emergency. While most allergies can't be cured, treatments can help relieve your allergy symptoms.



Common allergy triggers include:

- **Airborne allergens**, such as pollen, animal dander, dust mites and mold
- **Certain foods**, particularly peanuts, tree nuts, wheat, soy, fish, shellfish, eggs and milk
- **Insect stings**, such as from a bee or wasp
- **Medications**, particularly penicillin or penicillin-based antibiotics
- **Latex or other substances you touch**, which can cause allergic skin reactions



You might be more likely to develop an allergy if you:

- **Have a family history of asthma or allergies**, such as hay fever, hives or eczema
- **Are a child**
- **Have asthma or another allergic condition**

Preventing allergic reactions depends on the type of allergy you have. General measures include the following:

- **Avoid known triggers.** Even if you're treating your allergy symptoms, try to avoid triggers. If, for instance, you're allergic to pollen, stay inside with windows and doors closed when pollen is high. If you're allergic to dust mites, dust and vacuum and wash bedding often.
- **Keep a diary.** When trying to identify what causes or worsens your allergic symptoms, track your activities and what you eat, when symptoms occur and what seems to help. This may help you and your doctor identify triggers.
- **Wear a medical alert bracelet.** If you've had a severe allergic reaction, a medical alert bracelet (or necklace) lets others know that you have a serious allergy in case you have a reaction and you're unable to communicate.

See a doctor if you have symptoms you think are caused by an allergy, and over-the-counter allergy medications don't provide enough relief.

For a severe allergic reaction (anaphylaxis), call 911 or your local emergency number or seek emergency medical help. If you carry an epinephrine auto-injector (Auvi-Q, EpiPen, others), give yourself a shot right away.

Sources: <https://www.mayoclinic.org/diseases-conditions/allergies/symptoms-causes/syc-20351497>