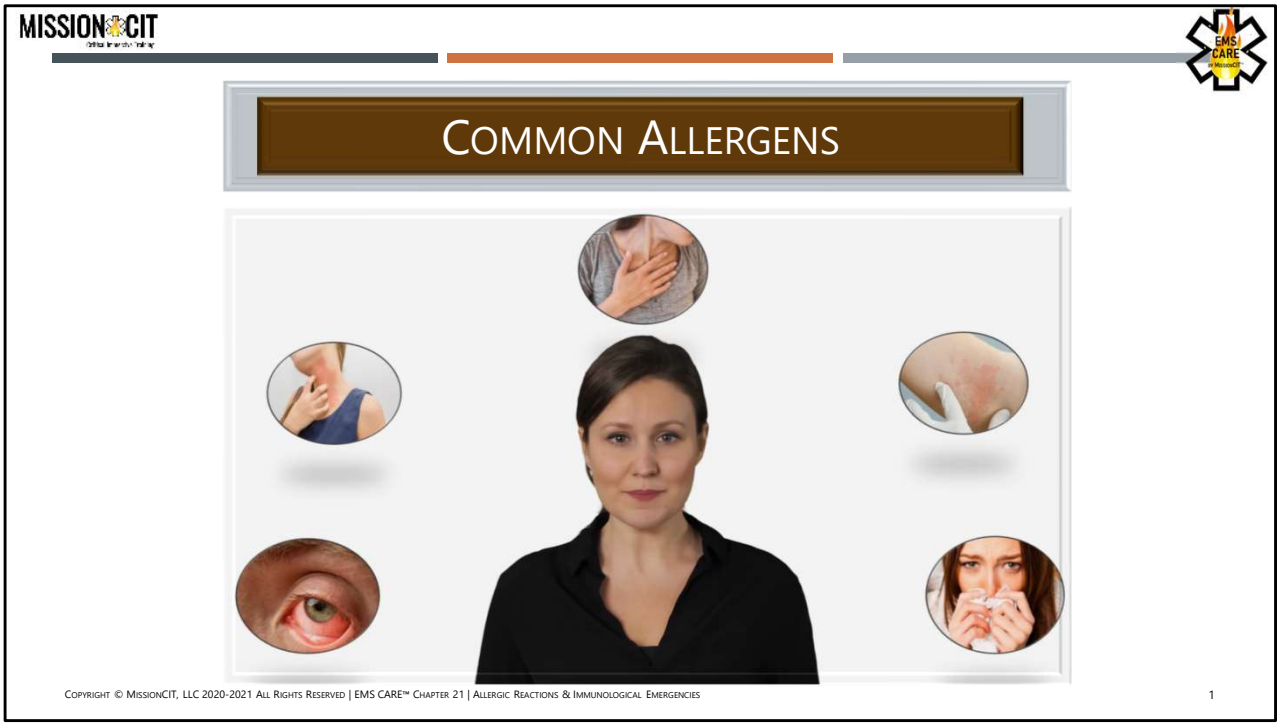


Thank you Justin!

Welcome to this lesson about common allergens and their symptoms. Allergens are very varied and impact each person according to their immune system. They can be food, medication, plants, chemicals, or insect bites. We will discuss these various categories, the symptoms triggered by such allergens and how to provide appropriate care quickly.

Good Studying.



Food allergies are the body's immunologic response that occurs after eating a specific food. Essentially what happens is that a patient's immune system mistakenly perceives a particular food item to be harmful to the body. In response, it triggers the release of an antibody called immunoglobin to neutralize this perceived allergy.

Some common foods that can cause allergies are eggs, milk products, peanuts, soy, wheat, tree nuts, shellfish, raw fruits and vegetables, and sesame seeds.

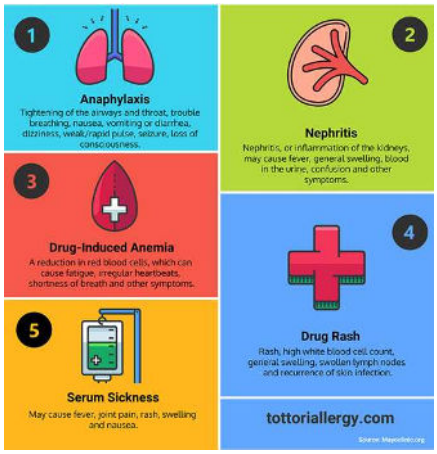
The common symptoms of food allergies include a tingling or itching feeling in the mouth, hives, itching,

eczema, swelling on one or more parts of the body, wheezing, nasal congestion, difficulty breathing, diarrhea, nausea, vomiting, abdominal pain, and dizziness.

In some cases, food allergies can trigger a life-threatening condition called Anaphylaxis, and we will talk about in the next lesson. For now, if you notice any of these symptoms, check what the patient has eaten in the last 24 hours.

Common Allergens – Medications

- Any medication can cause allergy
- Allergy is different from side effect or overdose
- Common symptoms:
  - ✓ Hives
  - ✓ Rash
  - ✓ Fever
  - ✓ Anaphylaxis



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Like food, your body may perceive some medications as dangerous and then create antibodies to neutralize the medicine's effect. That is why any medicine, from over-the-counter to herbal medications, can cause allergies. It just depends on the individual.

The most common symptoms to look for are hives, rash, and fever. Sometimes, medications can also lead to Anaphylaxis. Swelling, wheezing, watery eyes, and runny nose are other less-likely symptoms associated with medication allergies.

It merits to note that a drug allergy is different from a drug's side effects. Likewise, the allergy is other from the toxicity that occurs due to overdose. In general, when a patient gets a documented and possible reaction listed on the drug's label, this is a side effect. At the same time, toxicity occurs when a patient consumes more than the prescribed dosage.

On the other hand, a drug allergy is a reaction triggered by the immune system and usually occurs within an hour after taking the medication.

Common Allergens – Plants

- Extremely common
- Allergic Rhinitis or Hay Fever
- Root cause is pollen
- Most common during spring and summer
- Can also be caused by dust, mold, and pet dander
- Symptoms:
  - ✓ Itchy and watery eyes
  - ✓ Runny nose and sinusitis
  - ✓ Coughing
  - ✓ Fatigue



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Plant allergies are prevalent. They are also known as allergic rhinitis or hay fever.

The root cause of this allergen is the pollen that is present in the flowers. This is why these allergies are widespread during spring and summer when flowers bloom and grasses grow.

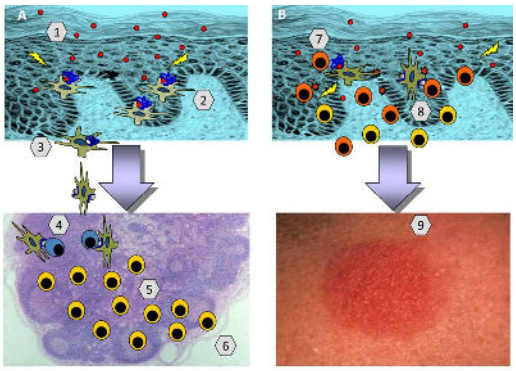
Some of the common symptoms of plant allergies include itchy and watery eyes, sneezing, runny nose, coughing, fatigue, and sinuses.

Sometimes, dust, mold, and pet hair can also trigger

similar allergies, so check these exposures as well.

Common Allergens – Chemicals

- Chemicals in shampoos, cleaners, soaps, hair dyes, and personal care products
- Reactions on the skin
- 24 to 48 hours
- Symptoms – Red skin, scaly patches, blisters, burning sensation, itching, swelling, cracked skin
- May spread to other parts



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Chemicals found in everyday items like shampoos, cleansers, moisturizers, hair dyes, soaps, and other personal care items can cause allergies when they contact the skin. This is also why a patient sees the reactions mostly on the skin, within 24 to 48 hours of exposure. Some of the common symptoms associated with chemical allergens include red skin, scaly patches, blisters, burning or itching sensation, swelling of some body parts, hives, sensitivity to the skin, and cracked skin.

These allergies can worsen when the patient or others

keep touching the infected part, and it can also quickly spread to other parts of the body.

Common Allergens – Insect Bites And Stings

- Five major insects – Wasps, yellow jackets, honeybees, hornets, fire ants
- Mild – pain, redness and swelling that can go away by itself
- Moderate – larger area beyond the sting site is affected
- Severe – Anaphylaxis and death



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The majority of insect stings in the United States occur from five insects. They are wasps, yellow jackets, honeybees, hornets, and fire ants.

The severity of the insect bite and the amount of venom injected through the sting will determine an individual's allergic reaction. A relatively normal response to an insect bite will include pain, swelling, and redness for some time, and it will be confined to the sting site. This reaction will go away by itself, though washing might help.

A moderate reaction is when a large area that is well

beyond the sting site is affected. Sometimes, swelling is also a possibility.

An intense reaction is when an unusually large area is infected. It is painful, as well. In some rare cases of allergies, the patient may have Anaphylaxis as well, and this requires medical intervention.

In the next lesson, Justin will talk in-depth about Anaphylaxis, a potentially life-threatening condition caused by allergies. But first, there will be a short video comparing allergic rhinitis to COVID-19 symptoms.