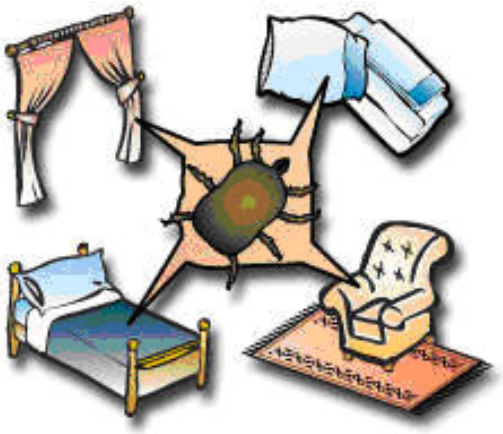
Allergic Reaction, Mild to Moderate

Allergic reactions can happen from anything your body is sensitive to. This could be food, medicines, molds, pollens, cockroaches, dust mites, pets, insect stings, and other things around you. It might be hard to tell what caused your reaction. Some allergies happen only at certain times of the year.



You might have puffiness (*swelling*), itching, sneezing, coughing, or problems breathing. Allergies cannot be cured. Do your best to stay away from what causes your allergy. We can also help control allergies with medicine.

HOME CARE

If you have a rash or red patches on your skin (*hives*):

- Take medicines as told by your doctor.
- **Do not** drive or drink alcohol after taking medicines. They can make you sleepy.
- Put cold cloths on your skin. Take baths in cool water. This will help your itching. **Do not** take hot baths or showers. Heat will make the itching worse.
- If your allergies get worse, your doctor might give you other medicines. Talk to your doctor if problems continue.

GET HELP RIGHT AWAY IF:

- You have trouble breathing. You have a tight feeling in your chest or throat.
- Your mouth gets puffy (*swollen*).
- You have red, itchy patches on your skin (*hives*) that get worse.
- You have itching all over your body.

If you suddenly have trouble breathing, call your local medical emergency services (911 in the U.S.). THIS IS AN EMERGENCY.

MAKE SURE YOU:

- Understand these instructions.
- Will watch your condition.
- Will get help right away if you are not doing well or get worse.

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