

Allergic Reactions



What is it?

- **Dermatitis**- chronic itching, hypersensitivity to an unknown component in one's blood though to be caused by the transmission of antibodies from an allergic donor or antigens recently acquired.

Signs and Symptoms:

- **Allergic Reactions**- usually mild, dizziness, headache, edema/fluid retention and less frequent are wheezing, incontinence and rarely anaphylactic shock.
- **Skin**-may have oozing, crusting, scaling, and erythema.



Facts:

- **Human Skin**- often able to resist the harmful effects but increasing the thickness. Examples:
 - **Fruits and Vegetables**- Onions and Citrus Fruits
 - **Plants**- Poison Oak, Ivy and Sumac, Ragweed, Primrose, wild Parsnip, Chrysanthemum, Tropical varieties of trees as Balsa, Teak, Kapok, Mahogany, white pine, and Japanese lacquer.
 - **Fabrics**- as Silk, wood, leather, fur, synthetic fibers, and dyes.
 - **Household Items**- Waxes, polishes, detergents, and metals especially Nickel.
 - **Chemicals**- Mercury, p-phenylenediamine and pyrethrum
 - **Medicines/Drugs**- Streptomycin, antihistamines, sulfonamides, penicillin, and phenothiazines.
 - **Cosmetics/Makeup**- bleaches, tonics, deodorants, hair dyes, nail polishes and depilatories.



What can I do?

- **See your Health Care Provider**- usually give an antihistamine
- **See a Registered Dietitian**- for help as needed
- **See FFF RD**- on line for help

