

Getting an Allergy Test



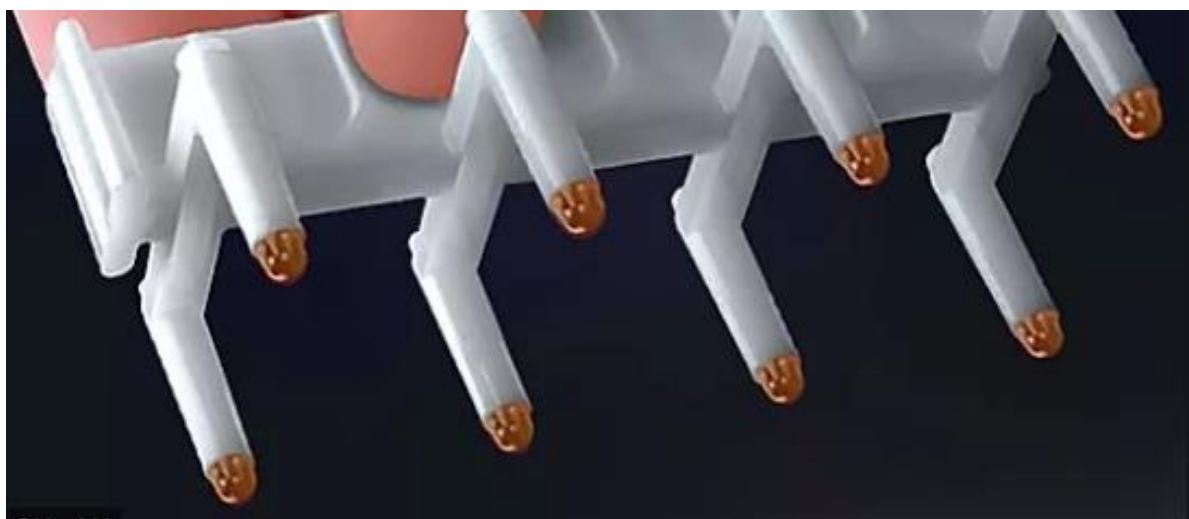
This is a story of how I will get an
allergy test.



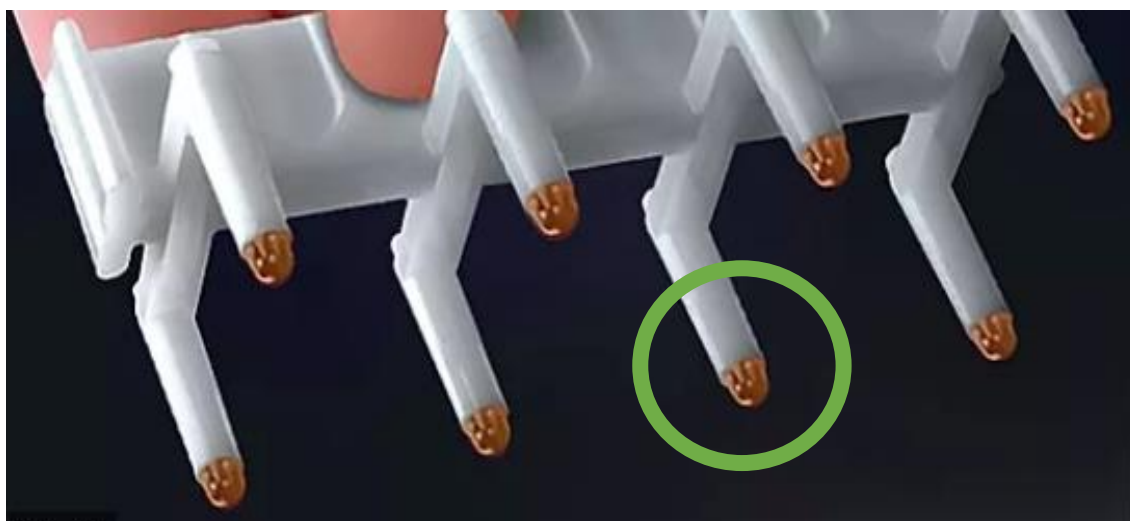
Getting an allergy test helps to keep me safe and happy. If I know what I'm allergic to, I can avoid it. If I avoid things I'm allergic to, I can stay healthy and happy!



To get my allergy test ready, my doctor will
prepare one of these:



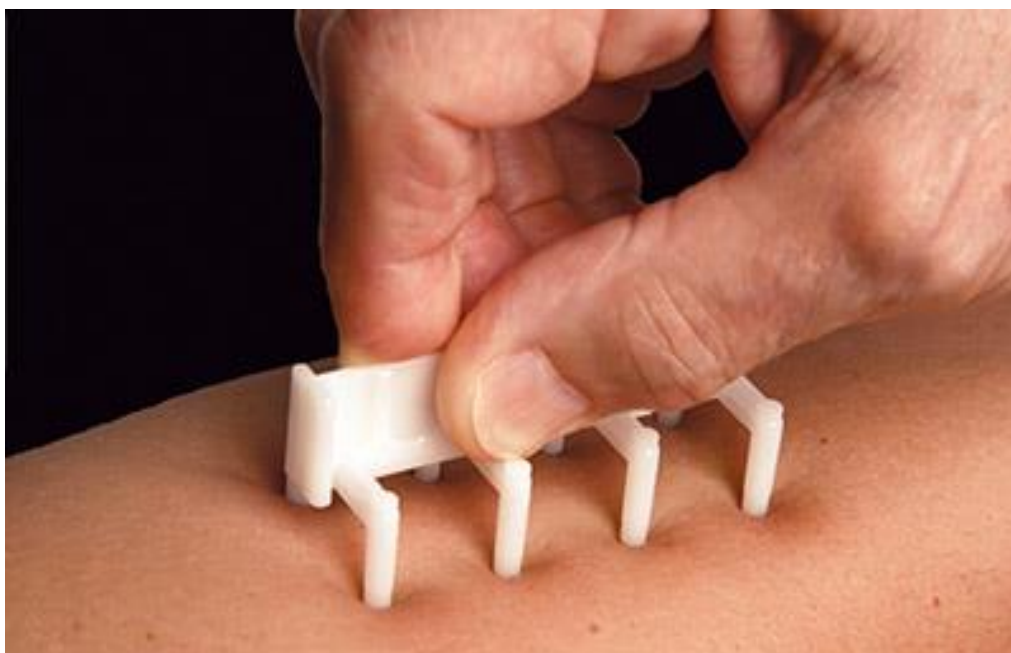
On each one of these posts, my doctor will put tiny amounts of things that I might be allergic to. The goal of the test is to see if I have a reaction on my skin.



When my doctor gives me the allergy test, they will lightly place the posts on my forearm or my back.



When my doctor lightly places the posts on my skin, I might feel a tiny prick. This will be so quick. I am so brave!



Once the doctor removes the posts from my skin, I have to wait in the doctor's office or waiting room for the results.



This will take about 20 minutes. I can bring
books or toys for while I wait!



I might get a little bump where the doctor did the test. If I do, this means that I am allergic to some things that the doctor tested for.



The bump might be a little itchy. The itching will stop soon! If it bothers me, I can ask the doctor for something to help with the itching.



If I get any new bumps after I leave the doctor's office I have to make sure to tell an adult that I trust.



I did a great job learning how to get
an allergy test!

