



First Aid for Mild Allergic Reaction

Mild allergic reactions can cause symptoms like skin itching, redness, hives, or mild swelling. These are often triggered by food, insect bites, pollen, or medications. Stay calm and identify the allergen if possible. Avoid further contact and provide comfort until symptoms improve.



Common Causes of Mild Allergic Reactions

- Exposure to pollen, dust, or animal dander
- Insect bites or stings
- Certain foods like nuts, shellfish, or dairy
- Medications or topical creams
- Latex or chemical contact



What to Do for a Mild Allergic Reaction

- Stay calm and reassure the person
- Identify and remove the allergen if possible
- Wash affected skin gently with cool water
- Apply a cool compress to soothe itching or redness
- Encourage rest and hydration



What NOT to Do

- Do not scratch or rub the affected area
- Do not apply harsh creams or alcohol
- Do not give any medication without knowing the person's allergy history
- Avoid tight clothing around the swollen area

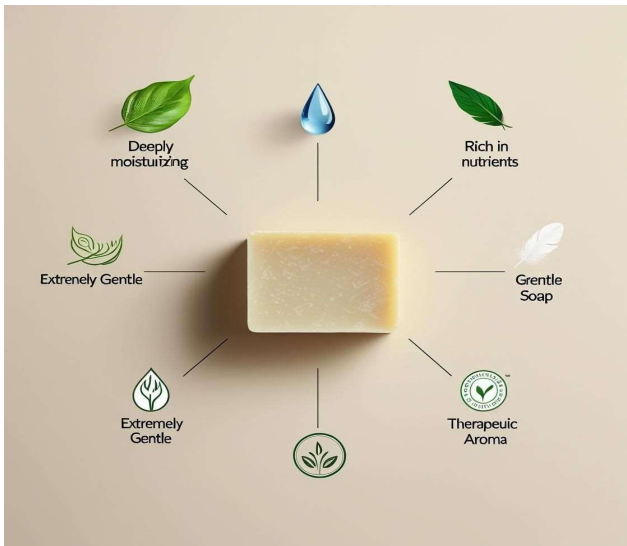


Prevention Tips for Mild Allergic Reactions

Preventing allergic reactions involves identifying triggers, avoiding exposure, and taking care of your skin and environment.

Identify and Avoid Triggers

- Keep a record of substances that cause allergic symptoms.
- Avoid known allergens such as specific foods or pet dander.
- Use protective gloves when handling chemicals or cleaning products.
- Wear a mask during pollen season if you're sensitive.



Maintain Good Skin Care

- Use mild, fragrance-free soaps and lotions.
- Keep your skin moisturized to reduce irritation.
- Take cool showers to ease itching or redness.
- Wear loose, breathable clothing to avoid friction.

Keep Your Environment Clean

- Regularly clean bedding, curtains, and carpets to reduce dust mites.
- Keep pets out of sleeping areas if allergic to fur.
- Ensure proper ventilation in your home.
- Avoid smoking or exposure to cigarette smoke.





Treatment & Medication

Over-the-counter medicines can help relieve mild allergic symptoms like itching, rash, or swelling.



Common Remedies

- Antihistamine tablets (e.g., cetirizine or loratadine)
- Topical anti-itch or hydrocortisone creams
- Cold compress to reduce irritation and swelling
- Calamine lotion for soothing skin

Note: Always read labels and follow dosage instructions. If symptoms worsen, seek medical advice.