

- Perennial allergies are year-round allergies to things like dust, mould, cockroaches, perfumes and pet dander. Food allergens, medicines and contact allergens also cause perennial allergies. Asthma and eczema may be caused or aggravated by allergens.
- Skin prick test, patch test and blood tests are carried out to determine sensitivity to allergens. Allergies can be prevented by avoiding exposure to allergens and managed by treatment in case of exposure.

### Exercises

#### A. Fill in the blanks.

1. An allergy is an unusual reaction to a particular substance.
2. Substances that cause allergies are called allergens.
3. Pollen, pet dander and smoke are aerborne allergens.
4. Hives are itchy, red, swollen spots on the skin.
5. Anaphylaxis is a life-threatening reaction to allergens.
6. Natural rubber is an example of Contact allergens.
7. There are two types of allergies—seasonal and Perennial.
8. Allergy tests are carried out to test for sensitivity to allergens.

#### B. Choose the correct option.

5. Anaphylaxis is a life-threatening reaction to allergens.
6. Natural rubber is an example of Contact allergens.
7. There are two types of allergies—seasonal and Perennial.
8. Allergy tests are carried out to test for sensitivity to allergens.

**B. Choose the correct option.**

**1. Perfumes are**

- (a) airborne allergens (b) contact allergens
- (c) both airborne and contact allergens (d) none of these

**2. Dust mites and cockroaches trigger allergies through their**

- (a) saliva (b) faeces
- (c) shed exoskeleton (d) all of these

**3. Airborne allergens cause**

- (a) sneezing (b) runny nose
- (c) swollen eyes (d) all of these

4. Contact with a stinging nettle causes
- (a) hives
  - (b) diarrhoea
  - (c) sneezing
  - (d) none of these
5. Which of the following is not true?
- (a) Penicillin can cause an allergic reaction.
  - (b) Natural rubber products do not cause allergies.
  - (c) Insect sting allergies are triggered by insect venom.
  - (d) Strong sunlight can cause an itchy red rash or hives.
6. Allergens that cause seasonal allergies are mostly
- (a) airborne
  - (b) waterborne
  - (c) foodborne
  - (d) none of these
7. The best way to prevent an allergy is to
- (a) take antibiotics
  - (b) use disinfectants
  - (c) get vaccinated
  - (d) avoid allergens

C. Write 'true' or 'false'. If false, write the correct statement.

1. An allergy is a <sup>non</sup>communicable disease. f



(c) Strong sunlight can cause an itchy red rash or hives.

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- (b) waterborne
- (c) foodborne
- (d) none of these

7. The best way to prevent an allergy is to

- (a) take antibiotics
- (b) use disinfectants
- (c) get vaccinated
- (d) ~~avoid~~ allergens

C. Write 'true' or 'false'. If false, write the correct statement.

1. An allergy is a <sup>now</sup> communicable disease. F
2. Pet dander is a common airborne allergen. T
3. Cockroaches ~~do not~~ <sup>can</sup> cause allergies. F
4. Milk, egg and soy allergies in children may disappear when they grow older. T
5. Vomiting and diarrhoea are common symptoms of ~~skin~~ <sup>food</sup> allergies. F
6. A sudden drop in blood pressure may occur in an anaphylactic reaction. T
7. Airborne allergens ~~do not~~ <sup>can</sup> cause skin allergies. F
8. Hay fever is a ~~perennial~~ <sup>seasonal</sup> allergy. F
9. Allergies due to dust and smoke may increase in winter. T
10. Dust mites feed on dead skin. T

D. Match the following.

7. Airborne allergens ~~do not~~ <sup>can</sup> cause skin allergies. F  
8. Hay fever is a ~~perennial~~ <sup>seasonal</sup> allergy. F  
9. Allergies due to dust and smoke may increase in winter. T  
10. Dust mites feed on dead skin. T

D. Match the following.

**Column A**

1. Spores
2. Aspirin
3. Eczema
4. Red, itchy, watery eyes

**Column B**

- a. Food allergen (5)
- b. Itchy, scaly rash (3)
- c. Tightening of the airways (6)
- d. May be increased by certain medicines and ointments (7)
- e. Airborne allergen (1)
- f. May trigger drug allergy (2)
- g. Protection from dust and pollen (8)
- h. Seasonal allergic conjunctivitis (4)

5. Nuts
6. Asthma
7. Sensitivity to sunlight
8. Masks and goggles

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JULY 2020				
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## Allergy

JUNE

2020 25th JUL • 155-207 WEDNESDAY

03

Answer the following:

1) What is an allergy? Name the types of allergens.

Ans: An allergy is a medical condition in which the body's immune system reacts abnormally to a foreign substance. There are following types of allergens—

- Airborne allergens.
- Food and medicine
- Contact allergens
- Other allergens like venom, sunlight etc.

2) Name four airborne allergens. What are the symptoms caused by them.

Ans: Pollen, Spores of moulds, Pet dander, dust and dust mites etc. are some common airborne allergens.

Airborne allergens cause symptoms such as red, itchy, watery or swollen eyes, runny or stuffy nose, sneezing, itchy throat, wheezing and coughing.

3) Name two food items and two medicines that may cause allergy. What reactions do they trigger in the alimentary canal.

Ans: Milk and milk products, egg, brinjal etc. are some food that may cause allergy while medicine like penicillin and aspirin can also cause allergy.

Food and medicine allergy can cause tingling or itching sensation in mouth and throat, stomach ache, vomiting and diarrhoea etc.



04

JUNE

THURSDAY

23rd Wk. • 156-210 2020

JUNE 2020

Sun		7	14	21	28
Mon	1	8	15	22	29
Tue	2	9	16	23	30
Wed	3	10	17	24	
Thu	4	11	18	25	
Fri	5	12	19	26	
Sat	6	13	20	27	

4) Name four contact allergens. Describe the symptoms they cause.

Ans: Latex, products made from natural rubber, dyes, cosmetics, detergents etc. are some common contact allergens. Contact allergens may cause intense itching or burning sensation, redness of the skin, blisters, rashes, hives etc.

5) Describe the symptoms caused in sunlight allergy.

Ans: Sunlight allergy shows the symptoms such as itchy red rashes, hives or blisters on the areas of the skin exposed to sunlight.

6) Define seasonal allergy. Give example.

Ans: The allergy which are trigger more during a particular season (flowering season) are called seasonal allergy. Example - hay fever, conjunctivitis etc.

7) Define perennial allergy. Give example.

Ans: Perennial allergy are year-round allergies to things like dust, mould, cockroaches, perfumes and pet dander. Food items, medicines and contact allergens are common perennial allergy triggers.

8) Mention five ways to prevent allergies.

Ans: i) If you allergic to pet, it is advisable not to have a pet.

ii) If you are allergic to sunlight, cover yourself well when you go out.

iii) Avoid food items or medicines to which you are allergic.

JULY 2020

Sun		5	12	19	26
Mon		6	13	20	27
Tue		7	14	21	28
Wed	1	8	15	22	29
Thu	2	9	16	23	30
Fri	3	10	17	24	31
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JUNE

05

2020 23rd Wk • 157/209

FRIDAY

Q) Do not take any medicine without the prescription of a doctor.

Q) If you are allergic to dust, stay away from the area being cleaned or dusted.

Q) What is anaphylaxis? What allergens can lead to anaphylactic reactions?

Ans: In very serious food or medicine allergies, a person may experience swelling of the tongue, difficulty in breathing, dizziness or fainting due to sudden drop in blood pressure which may lead to a heart attack and death. Such a reaction is called anaphylaxis or anaphylactic reaction.