

[Conditions](#) ▾ [Drugs & Supplements](#) ▾ [Well-Being](#) ▾ [Symptom Checker](#) [Find a Doctor](#) [More](#) ▾[Subscribe](#)[Log In](#)

Allergies Resource Center

Tools, resources, and support for living well with allergies.

[Overview](#)[Symptoms](#)[Causes](#)[Diagnosis](#)[Treatment](#)[Food Allergies](#)[Pet Allergies](#)**1 OF 5 / OVERVIEW**[View All](#)

What Is an Allergy?

This article explains the basics of an allergic reaction. Learn what happens when your immune system goes on high alert.

Who Gets Allergies?

Anyone can get them, at any age. You could develop them as a child, or you might not have any symptoms until you're an adult.

What Causes an Allergic Reaction?

While your problem may seem to start in the nose or the eyes, allergies actually come from an immune system run wild.

Allergies and Asthma

Worsening of asthma symptoms can be triggered by allergies, which can temporarily increase the inflammation of the airways.

2 OF 5 / SYMPTOMS & TYPES[View All](#)

Spring Allergies

There's no cure but you can take steps to curb springtime allergies, from medication to household habits.

Summer Allergies

Summer allergies are usually triggered by pollen from grasses and weeds.

Fall Allergies

Ragweed, mold, and dust mites are the biggest allergy triggers in the fall.

Winter Allergies

With indoor allergies such as mold and dust mites, you may notice symptoms more during winter, when you spend more time inside.



3 OF 5 / TESTS & DIAGNOSIS[View All](#)



Finding the Cause of Allergies

An allergist may be able to help identify your allergy triggers. Several different types of allergy tests are used to do this.

When to See an Allergist

If you think you have allergies, think about seeing a doctor who can tell you whether you do or not.

Allergy Skin Test

Skin testing is one way your doctor can check on what causes your allergy symptoms.

Blood Test for Allergies

Allergy blood tests detect and measure the amount of allergen-specific antibodies in your blood.

4 OF 5 / TREATMENT

[View All](#)

Types of Allergy Drugs

Learn all about the different over-the-counter and prescription medicines that can help ease annoying symptoms.

What Are Antihistamines?

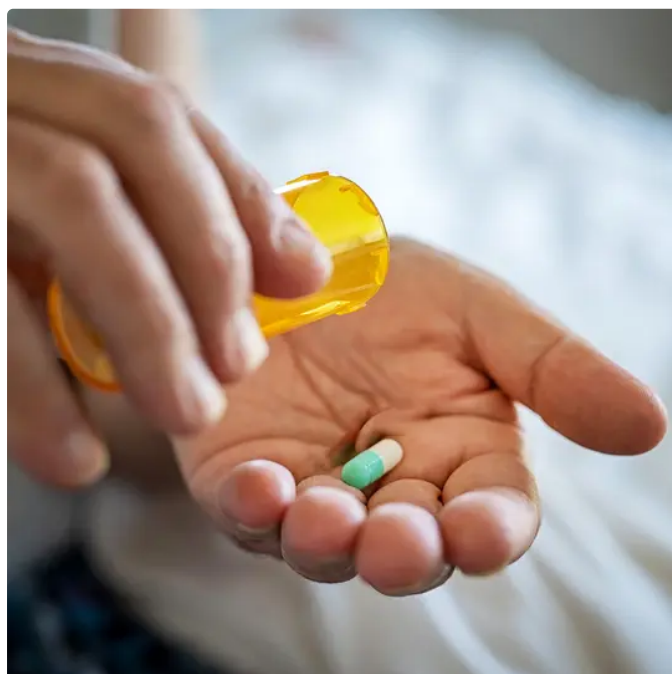
When medicine is needed to stem allergy symptoms, antihistamines are often first in line.

How Decongestants Work

When allergies make your nose stuffed up, an antihistamine generally won't help. But a decongestant might.

Nasal Sprays for Allergies

When allergies strike, nasal sprays can help. There are many different types, and most work faster than pills.



Questions for Your Doctor About Chronic Sinusitis With Nasal Polyps

Whether you're newly diagnosed with chronic sinusitis with polyps or already in treatment, learn how to make the most of your doctor appointment.

Questions for Your Doctor About Your Child's Food Allergies

Whether your child is newly diagnosed with a food allergy or you have questions about their current management plan, learn how to make the most of your doctor appointment.

NEWS

Xolair a New Weapon Against Food Allergies, but Questions Remain

An old drug offers new tricks for people with multiple food allergies, but costs and access issues could limit its use.

Are No-Spray Christmas Trees Better for You? What to Know

What to know about no-spray Christmas trees, which may have health and environmental benefits compared to traditional trees that are often sprayed with pesticides.

Can a Toothpaste Help Protect Adults Allergic to Peanuts?

In an early trial phase, all the people in a study tolerated even the highest dose of peanut protein in a toothpaste designed to desensitize allergic patients

First Nasal Spray Alternative to EpiPen Needs More Study: FDA

The FDA has requested further study before approving a nasal spray version of the allergic reaction medicine epinephrine.

SUGGESTED READS ABOUT ALLERGIES

Can Local Honey Help My Allergies?

Some say a spoonful of honey makes the sneezing and sniffing symptoms of pollen allergies go away. WebMD asked the experts.

Common Allergy Triggers

From pollen and pets to food and bugs, find out the most common things that can trigger allergy symptoms in this WebMD slideshow.

Common Plants and Trees That Trigger Allergies

Find out more from WebMD's slideshow about which plants and trees might be producing pollen that is causing your itchy eyes and a runny nose.

Food Allergy Triggers, Common and Uncommon

Peanuts, tomatoes, and even exercise, can bring on food allergies, some quite dangerous. This WebMD slideshow helps identify triggers, symptoms, and tests to help keep your family safe.

TOP SEARCH TERMS FOR ALLERGIES

[Sinus Infection](#)[Anaphylaxis](#)[Hay Fever](#)[Postnasal Drip](#)[Neti Pot](#)[Antihistamines](#)[Pet Allergies](#)[Hives](#)[Sinus Headache](#)[Sinus Surgery](#)[Deviated Septum](#)[Peanut Allergy](#)

8 million+ Physician Ratings & Reviews

Find Doctors and Dentists Near You



 KarnÄl, HR 132001

 Search

You can also search by physician, practice, or hospital name

Sign up for our free Allergies and Asthma Newsletter

Get news and information on treatments, ways to
manage reactions, and more

Subscribe

By clicking Subscribe, I agree to the [WebMD Terms & Conditions & Privacy Policy](#) and understand that I may opt out of WebMD subscriptions at any time.