

Allergens & Irritants

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Introduction

Asthma is one of our nation's most common chronic health conditions. Many substances can aggravate allergies or increase the severity of asthma symptoms in individuals who are sensitive to these [Allergen](#) or irritants.

This Web site is designed to help you survive the seasons by providing information on asthma, allergies and some of the most common seasonal and non-seasonal allergens and asthma irritants such as:

- [Dust Mites and Cockroaches](#)
- [Pet Allergens](#)
- [Pollen](#)
- [Smoking and Vaping](#)

Looking for Clinical Studies?
Visit the [Join an NIEHS Study Website](#)

The following clinical trials are currently recruiting

- [E-Cigs and Smoking](#)
- [NHALES: Asthma Study](#)
- [RSV Infection and Asthma](#)
- [Sample Collection Registry](#)

In addition, we provide preventive strategies for each to help you avoid exposure to these substances.

Please remember that information contained on this Web site is provided for educational and informational purposes only and should not be used to guide the diagnosis or treatment of any medical condition without the advice and supervision of a licensed, qualified health care provider.

For information on other pulmonary research performed at NIEHS, visit the [Division of Intramural Research Immunity, Inflammation, and Disease Laboratory](#) and the [Division of Extramural Research and Training Translational Research](#) sites.

General Information

- [Guidelines for the Diagnosis and Management of Food Allergy in the United States](#)

What is NIEHS Doing?

NIEHS Research Efforts

- [Cross-Divisional Inflammation Faculty](#)

Further Reading

Stories from the *Environmental Factor* (NIEHS Newsletter)

- [Diverse Bacteria in House Dust Linked to Fewer Allergies in Adults](#) (September 2020)
- [Allergens Widespread in Largest Study of U.S. Homes](#) (January 2018)
- [Test Kits Can Motivate Parents to Reduce Allergens](#) (November 2015)

Additional Resources

- [American Lung Association](#) - The American Lung Association is the leading organization working to save lives by improving lung health and preventing lung disease.
- [Environmental Wellness Toolkit](#) - What surrounds you each day in your home, work, or neighborhood and the resources available to you can affect your health. You can't always choose what's in the environments you live, work, or play in. But taking small steps to make your environments safer and limiting your exposure to potentially harmful substances can help keep you healthier.
- [Food Allergy](#) - NIAID is the lead institute at the National Institutes of Health conducting research on food allergy, a condition that affects approximately 5 percent of children and 4 percent of adults in the United States. Read on to learn more about food allergy and the steps NIAID is taking to address this growing problem.
- [National Institute of Allergy and Infectious Diseases](#) - Leading research to understand, treat, and prevent infectious, immunologic, and allergic diseases
- [National Library of Medicine MedlinePlus: Allergy](#) - A compilation of links to various resources that help with allergy treatment, diagnosis, and prevention.
- [Talking to Your Doctor - Resources from NIH](#) - You can play an active role in your health care by talking to your doctor. Clear and honest communication between you and your physician can help you both make smart choices about your health.

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Related Health Topics

- [Asthma](#)
- [Lung Diseases](#)
- [Ozone](#)

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- National Institutes of Health
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