

## TAKE FIVE

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### Five Tips For People With Allergies

**1 KNOW YOUR ALLERGENS:** An Allergy Test (skin prick test) can determine the cause of an allergy. Maintaining a food diary helps.

**2 INDOORS:** House dust mites, cockroaches and moulds (fungal spores) are common indoor allergens. They can be minimised by not using carpets or heavy upholstery; and by vacuum cleaning or wet dusting. Mould allergy can be minimised by not keeping potted plants indoors.

**3 OUTDOORS:** Outdoor allergens are pollens of weeds, trees and grasses and fungal spores, which are more during change of season. Avoid going outdoors before or soon after sunrise, don't leave clothes to dry on the line for too long.

**4 FOOD ALLERGY:** Common causes are peanuts, cow's milk, egg, fish and seafood, preservatives, processed cheese, etc. Avoid these.

**5 DRUG ALLERGIES:** Antibiotics like Sulfa drugs, pain and fever medicines, aspirin, blood pressure medicines, can cause allergies. Allergic patients should never try a new medicine without their doctor's advice.