

GLOSSARY Nº7: Allergy

When the immune system recognizes something that is harmless to most people as a threat (e.g food allergy). Symptoms/signs of allergies include, rashes, trouble breathing or cough, itchy skin, among others.



Types of allergy	What is it? What does it cause?
Asthma	Lung allergies associated with tightening of air passages, making breathing difficult.
Dermatitis	An inflammation of the skin. It is characterized by red, dry, and itchy skin.
Eczema	A form of dermatitis. Different types of eczema can cause the following symptoms: itching, scaling, redness, blisters and/or skin cracking.
Hives (urticaria)	A kind of skin rash characterized by an outbreak of swollen, red bumps or plaques. It usually causes itchiness, but it may also burn or sting.
Rhinitis	An irritation and inflammation of the mucous membrane inside the nose. It usually manifests with a runny and/or stuffy nose, sneezing, and post-nasal drip.
Sinusitis	An inflammation of the cavities surrounding the nasal passages. It can cause pain (mainly headaches), stuffy and/or runny nose as well as toothaches.