**Common allergens**

**Pollen**

Many people call it “hay fever,” but pollen from many different plants can trigger an allergy. Symptoms include sneezing, runny nose, nasal congestion, and itchy and watery eyes.

**Dust Mites**

These critters are so tiny you can’t see them without a microscope. Symptoms are similar to those caused by a pollen allergy, but they often happen year round instead of just during certain seasons.

**Mold**

Molds are tiny fungi with spores that float in the air like pollen. They thrive in damp areas such as basements or bathrooms and in piles of leaves or grass.

The symptoms are similar to those of pollen and dust mite allergies and include sneezing, congestion, itchy and watery eyes, runny nose, and coughing.

**Animals** (cats, dogs, also horses…)

You might react to the proteins from oil glands in an animal's skin or proteins from an animal's saliva.

It may take two or more years for you to develop an allergy like this. Once you have symptoms, though, they may last until you don’t come into contact with the animal anymore.

Symptoms include sneezing, congestion, and itchy and watery eyes.

**Insect Sting**

Insects that cause allergic reactions include various bees, fire ants, hornets, and wasps.

If you get stung by an insect, you can expect pain, swelling, and redness and heat around the sting site. Those symptoms can last for a few days.

It’s rare, but some people get a dangerous, full-body reaction called anaphylaxis, which needs emergency treatment. Symptoms of anaphylaxis include:

•Trouble breathing, becoming hoarse

•Wheezing (a whistling sound when you breathe)

•Swelling, especially around the face, eyelids, ears, mouth, hands, or feet

•Belly cramps, nausea, vomiting, or diarrhea

•Feeling dizzy or passing out

**Latex**

You may have a mild reaction, like itchy red skin, from latex in gloves, condoms, or other things.

**Food**

Some foods may bother you. But that doesn’t necessarily mean you have an allergy.

When you have an allergic reaction to food, it usually happens within minutes after you eat the problem food. These allergies can be mild or severe. For instance, some children must avoid peanuts in order to prevent a life-threatening anaphylactic reaction.

Milk, fish and shellfish, nuts, soybeans, wheat, and eggs are among the most common foods that cause allergies. Symptoms can include:

•Wheezing or trouble breathing

•Hives

•Vomiting, diarrhea

•Swelling around the mouth