

7 BIOLOGY

Lesson-7 Allergy

Choose the correct option

1. When do seasonal allergies occur.
b) every season
2. Which symptom occurs commonly due to Pollen allergy?
d) nausea
3. When do perennial allergies occur.
b) throughout the year
4. Which of the following is a symptom of oral allergy?
d) all of these
5. Allergic reactions can Trigger a life threatening conditions called
c) anaphylaxis

Fill in the blanks

1. Foreign substance are called antigens.
2. The antigens that produce allergic reaction in the bodies with whom they interact are called allergens.
3. The allergy caused in the mouth is called oral allergy.
4. The allergic reactions caused in the nose is known as nasal allergy.
5. Blister can be caused due to skin allergy
6. Allergies can be seasonal or perennial
7. Pollen allergies are also known as hay fever.

Write true and false.

1. In people with Pollen allergy is common the immune system perceives it as foreign that threatens the body and thus attracts it. True
2. Many times, allergic reactions Trigger a life threatening reaction called hay fever. False
3. Surgeons can enter the human body through to main roots only :mouth and skin. False
4. Sneezing can occur due to nasal allergy. True
5. Moulds do not cause allergy. False

Answer the following questions in short.

1. Define allergens.

Ans. Antigens that produce allergic reaction in the body with whom they interact are known as allergens.

2. What is allergy?

Ans. Allergy may be defined as a hypersensitivity reaction by a body to the foreign substances that enter or interact with the body.

3. Name any four common food allergens.

Ans. Fish, egg, milk and wheat are four common food allergens.

4. Mention any two symptoms of skin allergy.

Ans. Symptoms of skin allergic reaction can include:

1. hives (itchy red spots on the skin)

2. itching.

5. Define anaphylaxis.

Ans. An acute allergic reaction to an antigen (e.g. a bee sting) to which the body has become hypersensitive.

6. Why should we cover our bodies while going out in the sun?

Ans. Too much **sun** is also bad for **skin** cells because the UV rays actually damage or even kill the **skin** cells. Even a mild **sunburn** can destroy the top layer of **skin**.

7. Mention five common allergic symptoms.

Ans. 1. **sneezing** and an itchy, runny or blocked nose.

2. itchy, red, watering eyes .

3. **wheezing**, chest tightness, **shortness of breath** and a cough.

4. A raised, itchy, red rash (**hives**)

5. swollen lips, tongue, eyes or face.

Answer the following questions in detail.

1. Differentiate between seasonal and perennial allergy with example.

Ans. **Seasonal allergies:** allergies that occur in a particular season are called seasonal allergies. For example Pollen allergy occur mostly during spring season seasonal allergies often occur on onset of different season. and spring are two seasons in which most people are prone to allergy.

Perennial allergy: allergies that may occur at any time of the year or remain throughout the year called perennial allergies. for example dust or food allergies. Allergies due to dust are example of perennial allergy

as dust present all over the year people who are sensitive to dust they suffer from perennial allergy when they come in contact to them.

2. Explain some preventive measure of allergy in detail.

Ans. How to prevent yourself from any disease or allergy, you must follow different ways.

Pollen grains: 1. Avoid going out during the times when the Pollen production is maximum.

2. Wash your clothes and keep your shoes outside to prevent entry of Pollen in the house.

3. Cover your nose and mouth to prevent entry of Pollens in the body.

Dust: 1. Try to keep your surrounding or the place where you spend most of your time away from the dust.

2. Keep your mouth and nose covered while sleeping or mopping the house.

Sunlight: 1. Apply sunscreen lotion before stepping out in the sun.

2. Cover your body as much as possible when out in the sun.

3. Take care to prevent harmful rays from getting into the eyes.

Food allergy: 1. Avoid consumption of food items that you are allergic to.

2. Always check labels of the packaged food items to know its ingredients and avoid any side effect.

3. Consult a nutritionist to plan your diet.

Insect allergy: 1. wear full sleeves clothes and closed

shoes when outdoors.

2. Apply insect repellent to exposed areas.

3. Describe the causes, symptoms and preventions of the following allergies:

a. Pollen allergy

b. Dust mite

c. Dust

d. insect allergy

Ans a) **pollen allergy:**

Causes : Most of the pollens that **cause allergic** reactions come from trees, weeds and grasses. These plants make small, light and dry **pollen** grains that travel by the wind. Grasses are the most common **cause** of **allergy**.

Symptoms : 1. Nasal congestion.

2. Runny nose.

3. Itchy, red and watery eyes.

4. Scratchy throat.

5. Coughing, sneezing and wheezing.

Preventions:

check weather reports for the **pollen** count and stay indoors when it's high, if possible. avoid drying clothes and bedding outside when the **pollen** count is high. wear wraparound sunglasses to protect your eyes. keep doors and windows shut when possible.

Dust mite:

causes : Dust mites are tiny organisms that can barely be seen by the naked eye. They feed off house dust

and the moisture in the air. They are one of the most common indoor allergens, and symptoms can be present year-round. In addition to **allergic rhinitis**, dust mite allergy can also trigger **asthma** and cause eczema to flare.

Symptoms :

1. Sneezing.
2. Runny nose.
3. Itchy, red or watery eyes.
4. Nasal congestion.
5. Itchy nose, roof of mouth or throat.
6. Postnasal drip.
7. Cough.

Prevention :

1. Use allergen-proof bed covers. Keep your mattress and pillows in dustproof or allergen-blocking covers.
2. Wash bedding weekly.
3. Keep humidity low.
4. Choose bedding wisely.
5. Buy washable stuffed toys.
6. Remove **dust**.
7. Vacuum regularly.

Dust:

Causes:

Dust are tiny organisms that can barely be seen by the naked eye. They feed off house dust and the moisture in the air.

Symptoms :

1. Sneezing.
2. Runny nose.

3. Itchy, red or watery eyes.
4. Nasal congestion.
5. Itchy nose, roof of mouth or throat.
6. Postnasal drip.
7. Cough.

Prevention :

1. Use allergen-proof bed covers. Keep your mattress and pillows in dustproof or allergen-blocking covers.
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Insect allergy:

Causes:

Mosquitoes, kissing bugs, bedbugs, fleas and certain flies are the most common biting **insects** known to **cause** an **allergic** reaction. Most people bitten by **insects** suffer pain, redness, itching, stinging and minor swelling in the area around the bite. Rarely, **insect** bites may trigger a life-threatening **allergic** reaction.

Symptoms:

Symptoms of an allergic reaction may include **itching** and **hives, swelling** in the throat or tongue, difficulty breathing, dizziness, stomach cramps, nausea or diarrhea.

Prevention:

The long-term treatment of **insect sting** allergy is

called venom immunotherapy, a highly effective program administered by an allergist, which can prevent future allergic reactions to **insect stings**.

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