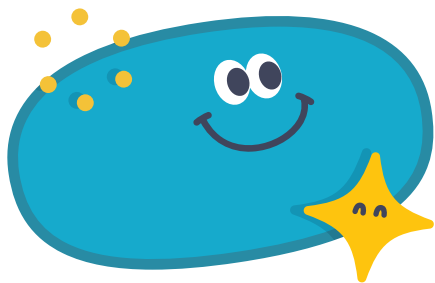


ATOPIC DERMATITIS



- 01 Thoroughly moisturize and care for your skin!
- 02 Restrict only foods that have been accurately diagnosed as allergies!
- 03 You need to manage stress well!
- 04 Maintain appropriate indoor temperature and humidity!
- 05 Treat consistently with methods that have been proven effective and safe!

ALLERGIC RHINITIS



- 01 Keep the indoor area clean, and avoid going out or wear a mask on days with high air pollution!
- 02 After checking through tests avoid the cause and aggravating factors of rhinitis!
- 03 Stop smoking, also avoid passive smoking as much as possible!
- 04 Wash your hands well to prevent colds!
- 05 Treat consistently with methods that have been proven effective and safe!

CAMPAIGN TO CREATE A HEALTHY KOREA

My Body Free from Allergies



Let's All Practice Together!
5 Rules for Allergy Prevention and Management that must remember!

Atopic Dermatitis

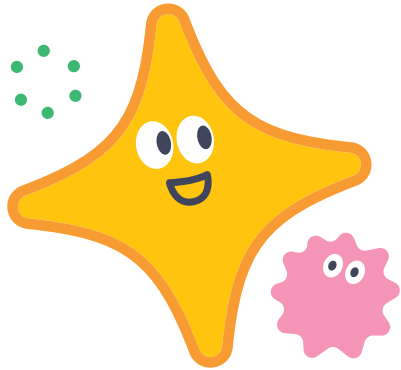
Allergic Rhinitis

Asthma

Anaphylaxis

Food allergy

ASTHMA



01

Keep the indoor area clean, and avoid going out or wear a mask on days with high air pollution!

02

After checking through tests avoid the cause and aggravating factors of asthma!

03

Stop smoking, also avoid passive smoking as much as possible!

04

To prevent colds, wash your hands well and get vaccinated against influenza (flu)!

05

Exercise regularly and maintain a normal weight!

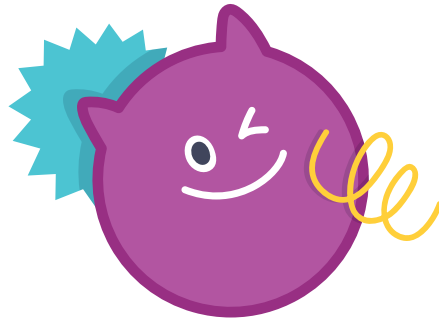
06

Treat asthma according to the doctor's instructions and know what to do in case of worsening!

07

Treat consistently with methods that have been proven effective and safe!

FOOD ALLERGY



01

If you are diagnosed with a food allergy through a doctor's examination, you must limit the causative food!

- Always check whether the food contains foods that commonly cross-react with the causative food before consuming it.
- Be careful because symptoms can occur even with a small amount on cooking utensils and tableware.
- Be careful about touching or inhaling the causative food.
- Unnecessary dietary restrictions can harm the growth and development of children and adolescents.

02

Food allergy patients should carry emergency medicine and learn how to use it in case of sudden symptoms!

03

Check whether the food allergy disappears or develop again through a regular examinations and consultations!

ANAPHYLAXIS



01

Know the individual causes and symptoms of anaphylaxis, familiarize yourself with how to use self-injectable epinephrine, and always carry it with you.

02

If symptoms appear, administer self-injectable epinephrine immediately and go to the emergency room! Even if symptoms improve after administration, secondary reactions may occur, so you should go to the emergency room immediately.

03

Regularly receive treatment from a Specialist to diagnose and manage the cause of anaphylaxis.

04

Anaphylaxis due to food can occur even through small amounts of food intake, inhalation, or skin contact, so be careful.

05

In the case of drug-induced anaphylaxis, carry a drug safety card and check with a doctor, nurse, or pharmacist every time you get a prescription!

06

If you have anaphylaxis, let those people around you knew the causative agent in advance, avoid exposure, and respond to emergencies!