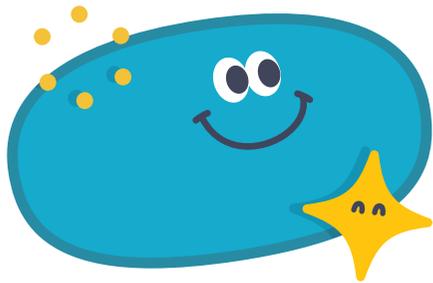


ATOPIC DERMATITIS



- 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

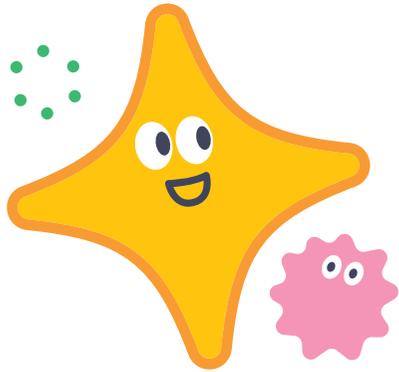
My Body Free from Allergies



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

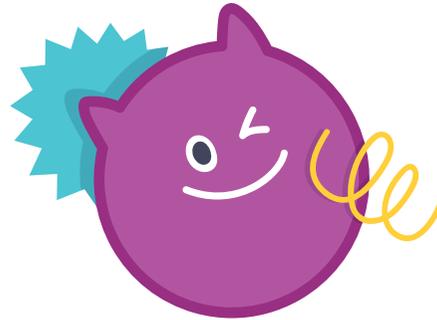
- Atopic Dermatitis
- Allergic Rhinitis
- Asthma
- Anaphylaxis
- Food allergy

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.
 - 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.
- 02 Regularly receive treatment from a Specialist to diagnose and manage the cause of anaphylaxis.
- 03 Anaphylaxis due to food can occur even through small amounts of food intake, inhalation, or skin contact, so be careful.
- 04 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!
- 05 If you have anaphylaxis, let those people around you know the causative agent in advance, avoid exposure, and respond to emergencies!