

**My Body
Free from
Allergies ✨**

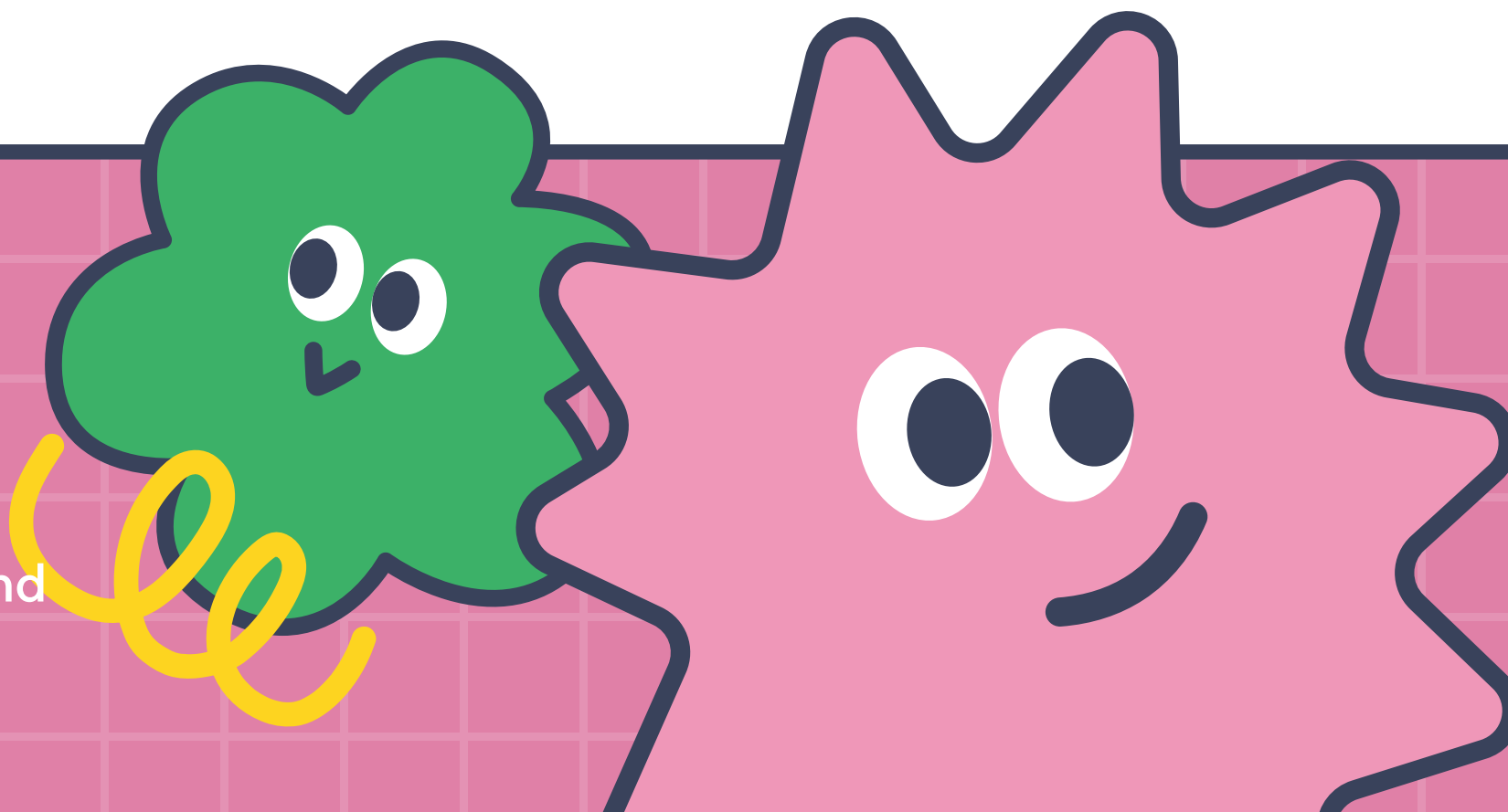


CAMPAIGN TO CREATE A HEALTHY KOREA

**Let's all practice together!
Allergic rhinitis prevention
and management rules that
must remember**



Korea Disease Control and
Prevention Agency



Q. What is allergic rhinitis?

A disease in which the nasal mucosa becomes hypersensitive to certain substances.

Depending on the symptoms

- Intermittent allergic rhinitis that appears briefly for a short period of time
- Persistent allergic rhinitis with symptoms lasting more than a month
- Seasonal allergic rhinitis that occurs only in certain seasons
- Perennial allergic rhinitis with symptoms that persist throughout the year

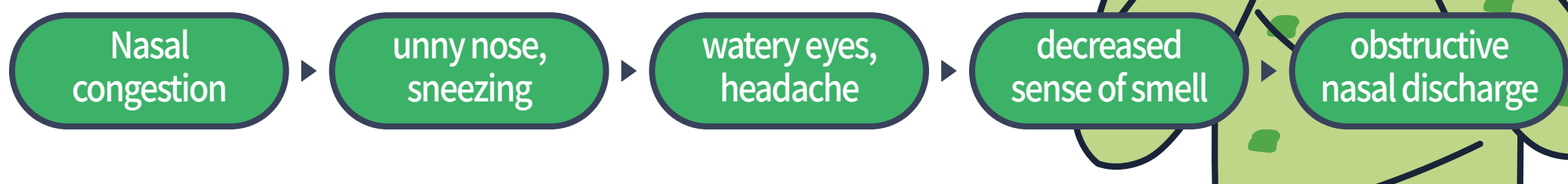
Q. What are the symptoms of allergic rhinitis?

Typical symptoms: sneezing, runny nose, stuffy nose

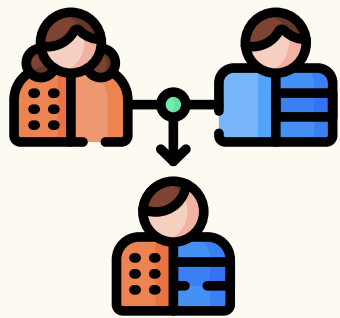
- Continuous, paroxysmal sneezing
- Clear runny nose
- Itchiness in the eyes and nose area
- clogged nose

* Complications of allergic rhinitis: otitis media, sinusitis, pharyngitis

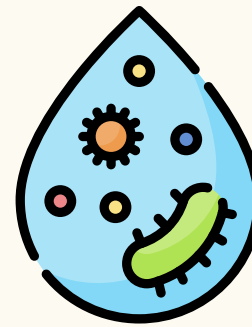
Sequence of allergic rhinitis symptoms



Q. What causes of allergic rhinitis?



Genetic factors



Environmental factors

A person who inherits an allergic constitution from parents develops symptoms when encountering allergenic substances in the surrounding environment

** Allergic rhinitis can be worsened by climate change, colds, polluted air, and stress.*

Q. How is allergic rhinitis diagnosed?

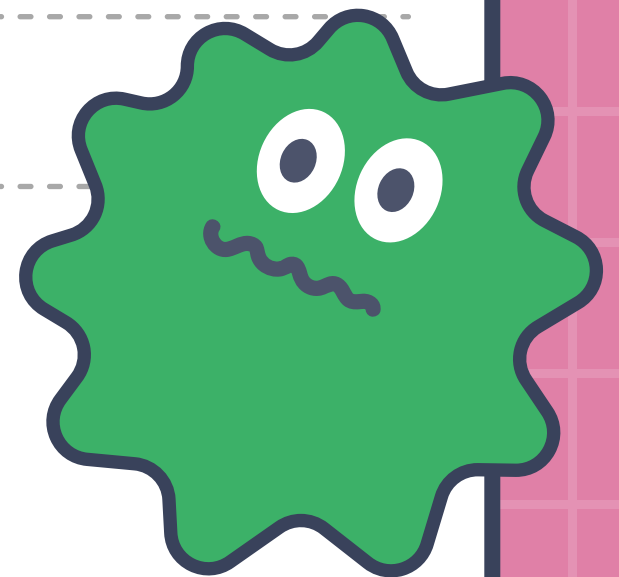
Differentiating it from a cold and making an accurate diagnosis requires a skin reaction and blood test!

How do you differentiate it from a cold?

- Cold: Completely cured within 10 days, accompanied by systemic diseases such as muscle pain and fever
- Allergic rhinitis: No general diseases such as muscle pain or fever Clear runny nose, sneezing, etc. that lasts for more than 3 months

Q. What are the prevention and management rules for allergic rhinitis?

1. Keep the indoor area clean, and avoid going out or wear a mask on days with high air pollution!
2. After checking through test avoid the cause and aggravating factors of rhinitis.
3. Stop smoking and avoid involuntary smoking as much as possible.
4. Wash your hands well to prevent colds.
5. Treat consistently with methods that have been proven effective and safe!



Protect your precious health with correct allergy information



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