

Ch. Health and Hygiene (Part-2)

Learning zone

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Picture based questions.

1. (a) Pollen
(b) The entry route followed is nose.
(c) Symptoms of allergy:
 - Running nose, sneezing
 - Itchy eyes
 - Coughing and hoarseness(d) Two preventive measures:
 - Keep Windows and doors shut, especially on high pollen days.
 - Wear a face mask to cover your nose and mouth when travelling.

2. a) Food allergens
b) The entry route is mouth.
c) Symptoms:
 - Gastrointestinal discomfort
 - Skin rashes
 - Swelling of face, lips, tongue, etc.
 - Anaphylaxisd) Two preventive measures:
 - Avoid all foods containing the allergen
 - Read the label carefully for the list of ingredients in the food item you purchase and check if there are any allergens.

3. a) Running nose and sneezing.
b) The causative agent could be pollen.
c) Yes, this allergy is seasonal because this allergy occur only during specific season, eg. spring when the pollens are released in great numbers.
d) Some other symptoms could be:
 - Itchy eyes
 - Coughing and hoarseness
 - Having cold or asthma triggered (provoked)

Think and Answer

Ques. Some people had a common cold and sneezing problem during the morning time. What do you think could be the reason behind this problem?

Ans. It is common for allergies to flare up in the morning for a variety of reasons. The first is that people can be exposed to common allergens at night while they are sleeping, and morning symptoms may be a reflection of nighttime exposure. Pollen counts are often at their highest in the early mornings. In people who are allergic to pollens, this can be a time when symptoms occur most strongly, especially if they are outdoors or around open windows.