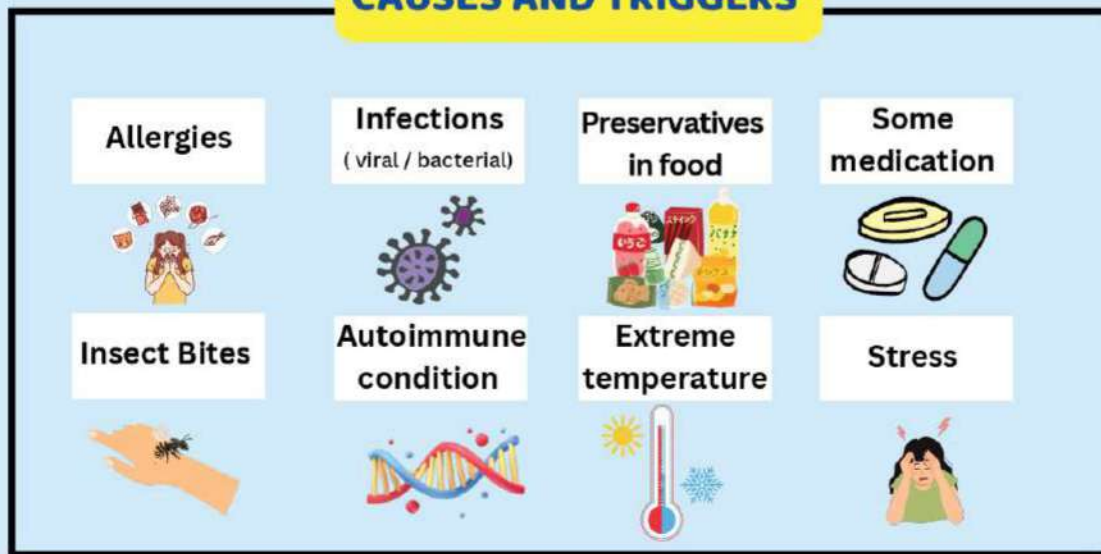




URTICARIA AWARENESS BY IAP ALLERGY AND APPLIED IMMUNOLOGY CHAPTER

CAUSES AND TRIGGERS



SYMPTOMS



↑
raised, red or pink,
itchy bumps (wheals)



↑
Angioedema
(swelling of face and lips)

PREVENTION TIPS

- Avoid Known Triggers
- Use lukewarm water for bathing.
- Protect skin in extreme weather.



- Avoid Scratching
- Use Hypoallergenic Products
- Wear loose-fitting, cotton clothing.

WHEN TO CONSULT A DOCTOR?

- Severe swelling or difficulty in breathing (a sign of angioedema) requires immediate medical attention.
- You're unsure of the cause of your hives.
- Symptoms persist or worsen.

Do not self-medicate, consult a doctor for proper treatment.

For further information visit

<https://iapaai.com>