How to Avoid the **5 Surprising Allergy, Asthma Triggers** that Can Spoil Summer



While sunscreen is extremely important to protect your skin from the damaging rays of the sun, certain types may cause an allergic reaction. If you get an eczema-type rash after slathering up, you may be having a photoallergic reaction to ingredients like Oxybenzone or Vitamin A (Retinyl Palmitate) that are common in many big-brand sunscreens. Look for lotions that are mineral based and include Zinc Oxide and Titanium Dioxide.





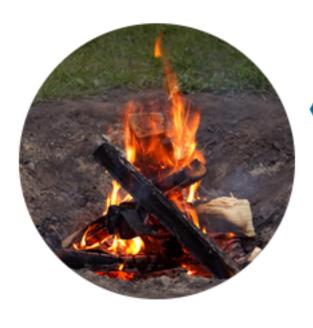
SUMMER FRUITS & VEGGIES

People with grass allergies can suffer from this condition due to similar proteins in certain summer fruits and vegetables (stone-fruits, melon, tomato, celery or oranges) – causing the immune system to have a similar reaction that would occur when coming in contact with an allergy-causing pollen.



Be it stifling humidity or a refreshing cool breeze, **sudden changes in the weather can trigger an asthma attack.** High heat and humidity - especially in urban areas where the production of ozone is already increased - tends to trap pollutant and other particles resulting in poor air quality.





CAMPFIRE SMOKE

Smoke is a common asthma trigger, especially when combined with the pollen in the wood being burned, such as mesquite.

5 STINGING INSECTS

Even if you've only had a minor reaction to any kind of stinging insect bite before (bees, wasps, hornets and fire ants), over time you can develop life-threatening allergic reactions to bites and stings (and they hurt too!).

