

READING ON EXPLANATION TEXT

Complete the text with the words from the box!

These (2X), which, it (3X), which/that (3X), you, your (2X), yourself, everywhere, nothing, something (2X), anything, someone (2X)

An allergy is (1) []'s unusual reaction to substances (2) [] are normally harmless: animals, pollen, nuts, etc. (3) [] is hard to believe that items as varied as (4) []. Can trigger the same symptoms. All (5) [] are common allergens (6) [] cause various allergic reactions in people. (7) [] can find them (8) []: in the air, in food, at home and at work.

If you are not allergic to (9) []. you can be surrounded by allergens and (10) [] will happen. But if you are allergic to a substance, (11) [] immune system treats it as an invader and produces chemicals (12) [] cause symptoms such as skin irritations, runny nose or diarrhoea.

Allergies seem to be genetically transferred (13) [] means that if one of (14) [] parents is allergic to (15) [], you may be allergic, too.

The best treatment for allergy is prevention, (16) [] is avoiding contact with allergens. This may mean staying indoors when pollen counts are high, avoiding certain food, having (17) [] bathe your pet regularly or even giving (18) [] away.

This is important to act quickly when you notice the first symptoms. If you are scratching (19) [] regularly or have a runny nose without other symptoms of cold, this may mean that you have developed an allergy to (20) [].