

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) .