Allergy log - *My allergy triggers and responses*

TRIGGERS	ALLERGIC RESPONSES - CHECK ALL THAT APPLY											
FOODS	Runny nose	Scratchy throat	Hives	Itching	Rash	Facial/neck swelling	Flushing	Abdominal pain or cramping	Constipation	Diarrhea	Difficulty breathing	Other
Shellfish												
Peanuts												
Eggs												
Wheat												
Soy												
Other												
BEVERAGES	Runny nose	Scratchy throat	Hives	Itching	Rash	Facial/neck swelling	Flushing	Abdominal pain or cramping	Constipation	Diarrhea	Difficulty breathing	Other
Beer												
Other alcohol												
Fruit juices with dyes												
Milk products												
Other												
MEDICATIONS	Runny nose	Scratchy throat	Hives	Itching	Rash	Facial/neck swelling	Flushing	Abdominal pain or cramping	Constipation	Diarrhea	Difficulty breathing	Other
Antibiotics (name)												
Pain medications (name)												
Anesthetics (name)												
Other												
INSIDE ENVIRONMENT	Runny nose	Scratchy throat	Hives	Itching	Rash	Facial/neck swelling	Flushing	Abdominal pain or cramping	Constipation	Diarrhea	Difficulty breathing	Other
Dust												
Mold												
Cleaning products												
Other												
OUTSIDE ENVIRONMENT	Runny nose	Scratchy throat	Hives	Itching	Rash	Facial/neck swelling	Flushing	Abdominal pain or cramping	Constipation	Diarrhea	Difficulty breathing	Other
Pollen												
Grasses												
Trees												
Other												
ANIMALS	Runny nose	Scratchy throat	Hives	Itching	Rash	Facial/neck swelling	Flushing	Abdominal pain or cramping	Constipation	Diarrhea	Difficulty breathing	Other
Cats												
Dogs												
Insects												
Other												