

# Symptoms of mild to moderate reactions

Most allergic reactions are mild to moderate and do not cause major problems, though they may be a source of irritation and discomfort.

Symptoms of a mild allergic reaction to dust mites, pollen, mould spores, or cat and dog dander can include:

- hives (itchy red spots on the skin)
- itching
- nasal congestion
- a rash
- scratchy throat
- watery or itchy eyes.

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