

# Latex allergy

If you are allergic to latex, you usually know it. You can react with sneezing or worse symptoms because your body is reacting to proteins in natural rubber latex, which is made from the rubber tree.

The Asthma and Allergy Foundation of America suggests you do this:

- Always wear a medical ID that alerts others about your allergy if you need emergency care.
- Ask doctors, dentists, and others who examine you to wear latex-free exam gloves. Carry gloves with you to give your dentist or doctor.
- Check labeling. Do not assume a product labeled “hypoallergenic” is latex-free.
- Know that latex can be found in some elastic in clothing, rubber bands, condoms, balloons, disposable diapers, and many more products.
- If you’re allergic to latex, you may have reactions to bananas, kiwi, and cantaloupe, which contain some of the same allergens found in latex.

