



Anaphylaxis
Campaign

Supporting people at risk of severe allergies

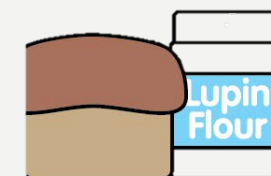
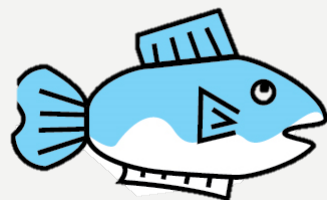
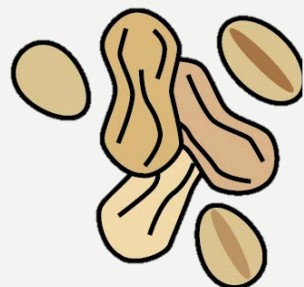
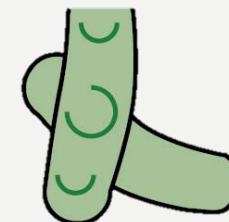
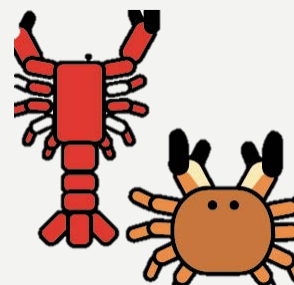
ALLERGY
AWARENESS
2018

WHAT IS AN ALLERGY?

- An allergy is an over reaction of your immune system to usually harmless substances
- Allergens can be found anywhere



COMMON ALLERGIES



WHICH OF
THESE MAY
CONTAIN
EGGS?





ALLERGIC REACTION

- An allergic reaction happens when the person who has the allergy has been exposed to it
- The body thinks it is fighting a germ so it over reacts causing severe symptoms

Signs of a severe reaction

- Difficulty breathing – noisy breathing, wheeze, persistence cough
- Swollen face and eyes
- Flushing of the skin
- Feeling sick and dizzy
- Stomach pain
- An allergic reaction can become serious very quickly

MEDICATION

- When an allergic reaction occurs, it is important to get help quickly.
- An adult will know what to do, how to help and what medicine to give.

There are two types of medicine

- For mild reactions: antihistamine
- For severe reactions: Adrenaline Auto-Injector (EpiPen®, Jext® or Emerade®)





HOW TO USE AN ADRENALINE AUTO INJECTOR

- Locate the medication
- Position the casualty (sat upright or lay down with their legs elevated)
- Check injection site (ensure there are no zips, buckles or anything that will get in the way)
- Follow the instructions on the adrenaline auto-injector

WHAT DOES IT FEEL LIKE TO HAVE AN ALLERGY?

- Someone with an allergy has to be more aware than others
- Some situations might be more difficult for someone with an allergy



LEO'S STORY

<https://www.youtube.com/watch?v=Au2rS0J83sE&feature=youtu.be>

Please be aware that this video does not work on Internet Explorer.





WHAT YOU CAN DO TO HELP

- Good hygiene – wash hands
- Help make sure your friends with allergies are safe
- Ask your friend about their allergy
- Don't share your lunch or snacks
- Know the signs of an allergic reaction and get help if you spot them

ALLERGIES ARE HIDDEN

Can you spot which child has
an allergy?





Anaphylaxis Campaign

Supporting people at risk of severe allergies

The Anaphylaxis Campaign is the only UK wide charity solely focused on supporting people at risk of severe allergic reactions.

Visit our website <https://www.anaphylaxis.org.uk/> or find us on

Facebook @anaphylaxiscoms

Instagram @anaphylaxis_campaign

Twitter @anaphylaxiscoms

YouTube Anaphylaxis Campaign