



Anaphylaxis
Campaign

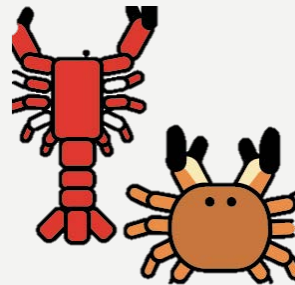
Supporting people at risk of severe allergies

ALLERGY
AWARENESS

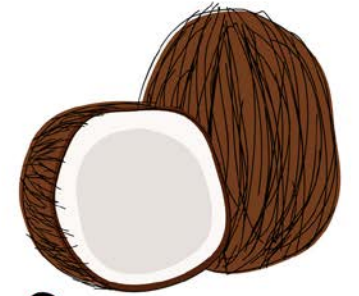
2018

RECAP

- An allergy is an over reaction of your immune system to usually harmless substances
- Name some common allergens



WHICH OF THESE CONTAIN MILK?

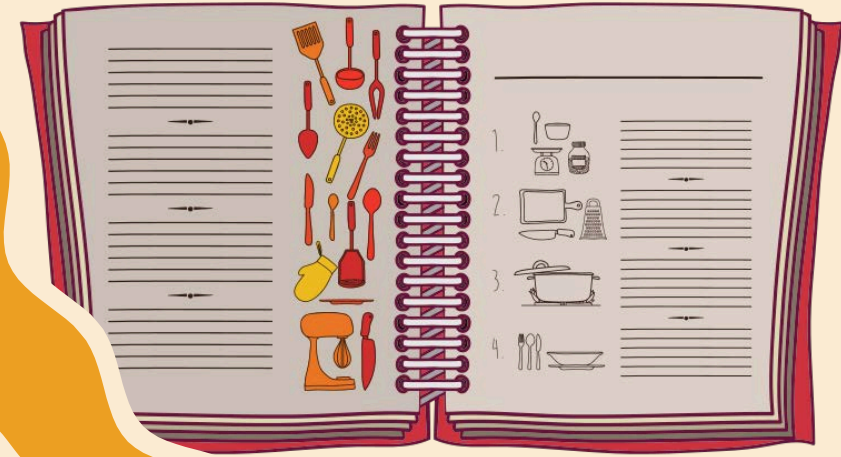


WHICH OF THESE CONTAIN PEANUTS OR TREE NUTS?



YOU CAN'T ALWAYS SEE INGREDIENTS

- The 14 major allergens will always be highlighted in bold on an ingredients list
- Some food will also have may contain warnings



LEO'S STORY

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



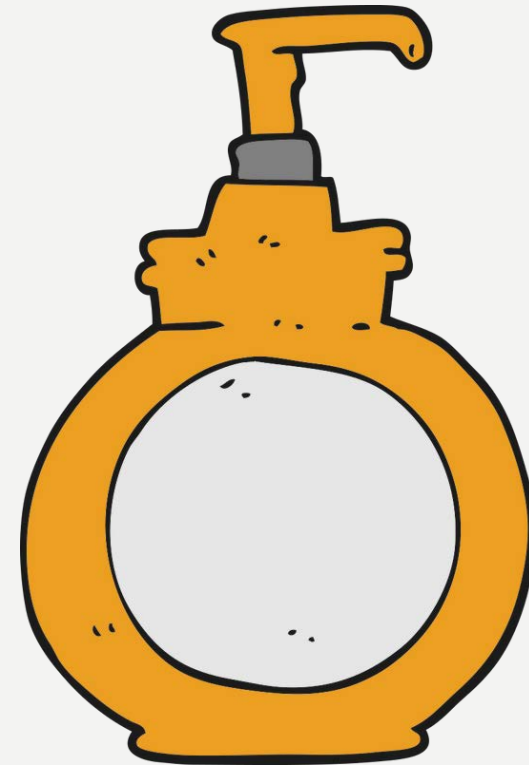
LEO'S STORY QUESTIONS

- How do you think Leo felt at the birthday party?
- What could have been done differently?
- How could you help Leo?



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



ACTIVITY

- Make a poster to help raise awareness of allergies





REMEMBER, YOU
CAN'T SEE
ALLERGIES



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

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