



Are you
allergy
aware?

250K AN ALLERGY
AWARENESS
PROJECT

national
allergy
strategy



ascia
australian society of
clinical immunology and allergy



What is allergy?

An allergy is when the immune system reacts to substances (allergens) in the environment which are usually harmless, such as food, pollens, dust mites and insects.

People with allergies to triggers in the environment can get hay fever and asthma like symptoms such as:

- Runny nose, sneezing and itchy eyes
- Cough, tight chest and get out of breath



Why do people have allergies?

- Sometimes it's because their parents have allergies
- Most of the time we just don't know
- Lots of research is being undertaken to try to find out why
- You can't catch an allergy from someone else



People can be allergic to:

- Food
- Insects (e.g. bees, wasps, ants) and ticks
- Medicines
- Things in the environment (e.g. dust mite, pollen, pet dander, mould)



Most people know about peanut allergy, but lots of other foods can cause allergic reactions that are just as severe.





Symptoms of an allergic reaction can include:

- Itchy red skin and lumps called hives
- Face swelling
- Bad coughing and finding it hard to breathe
- Tummy ache and vomiting
- Dizziness or passing out

Sometimes an allergic reaction can be so serious, that a person will need emergency medicine (EpiPen®) quickly and then they need to go to hospital by ambulance

This is called anaphylaxis which is the most severe type of allergic reaction



Unfortunately there is no cure for allergies. The only way a person with allergies can prevent a reaction is to avoid what they are allergic to.

How can you help?



You can be a MATE to them!



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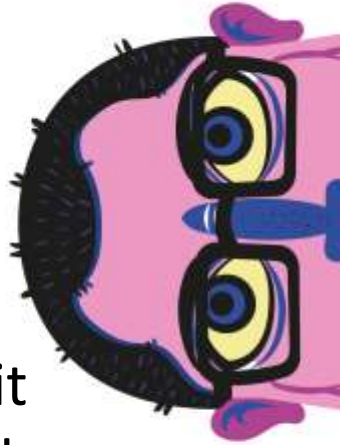
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What does being a MATE mean?

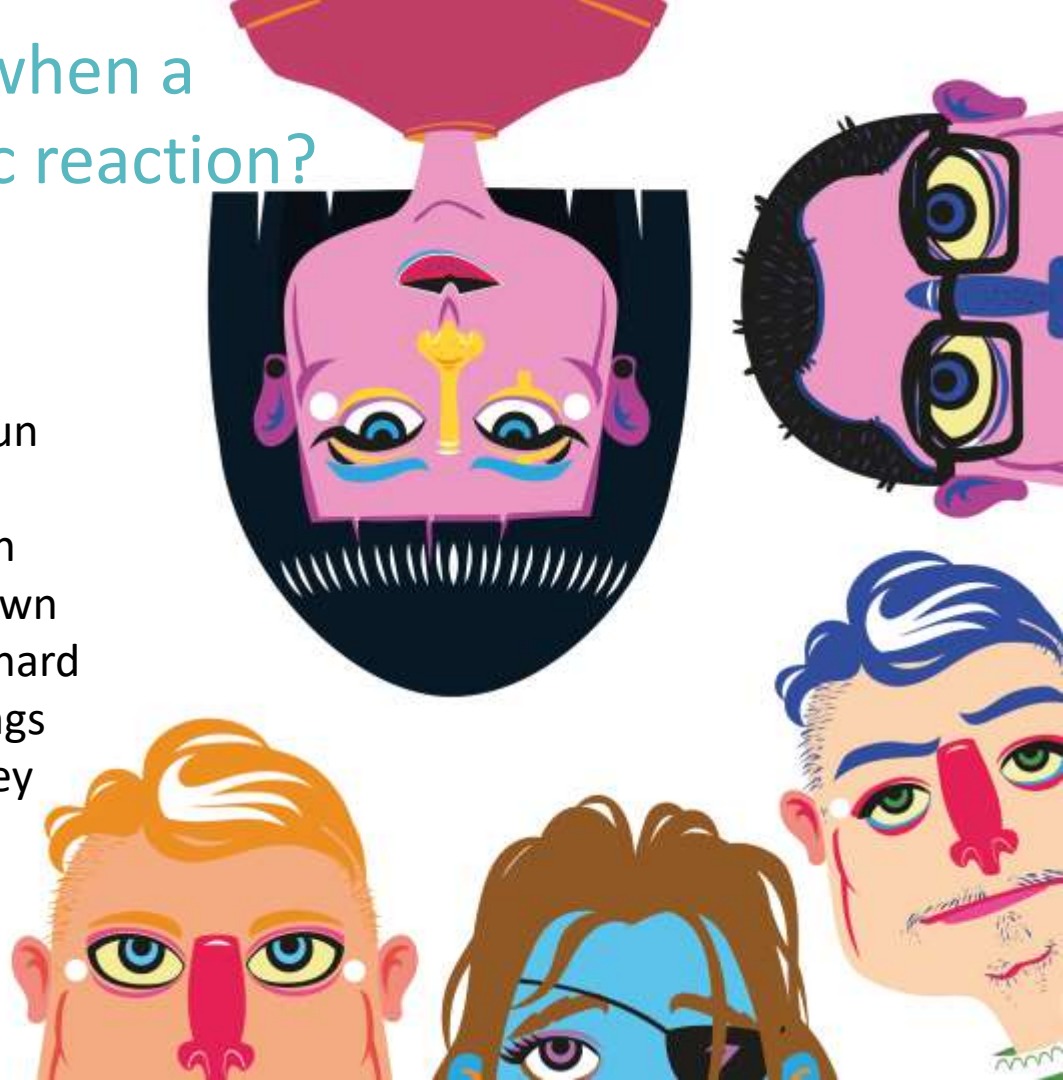
It means taking allergy seriously

1. Never share your food with them
2. Wash your hands after eating
3. Ask them what they're allergic to and help them avoid it
4. Get help from an adult if someone with allergy feels sick, even if they don't want you to get help
5. Don't tease, trick, bully or joke about their allergy



What can you do to help when a friend has a severe allergic reaction?

- Quickly get help from an adult even if your friend does not want you to.
- If no adult is nearby, a friend should run to get one ASAP
- The person having the allergic reaction should stay where they are and lay down on the ground (or sit on ground if it's hard to breathe) while an adult quickly brings the emergency medicine to them - they should NOT stand or walk



Further information:

250K – an allergy aware project for teens and young adults

250k.org.au

Allergy & Anaphylaxis Australia

allergyfacts.org.au

Australasian Society of Clinical Immunology and Allergy
(ASCIA)

allergy.org.au

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