

# ALL ABOUT

# ALLERGIES





# LEARNING

# CONTENT



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**WHAT IS AN ALLERGY? WHAT IS ANAPHYLAXIS?**

**2**

**REACTIONS AND SYMPTOMS**

**3**

**HOW TO HELP SOMEONE HAVING AN ALLERGIC REACTION.**

# WHAT IS AN ALLERGY?

An allergy is when a **person's immune system** reacts to a substance (that is usually harmless) as a **threat**.

Allergies aren't always to food!



# SYMPTOMS OF AN ALLERGIC REACTION

**MAY INCLUDE:**



Stomach pain, or  
vomiting.



Hives  
or a rash.



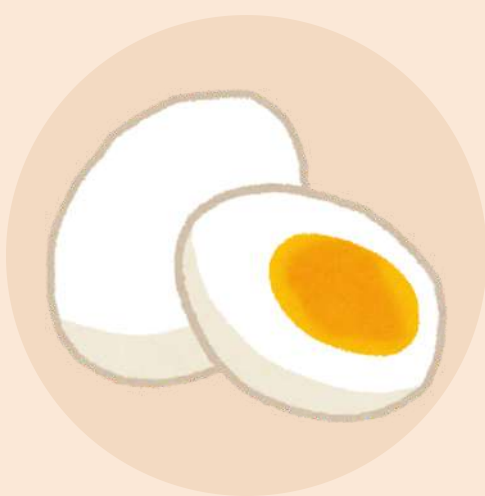
Swelling of face,  
lips, or eyes.

# THE TOP

# FOOD ALLERGENS



Cereals  
containing gluten



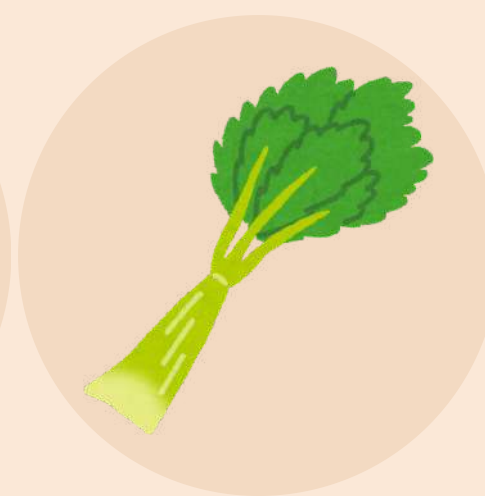
Eggs



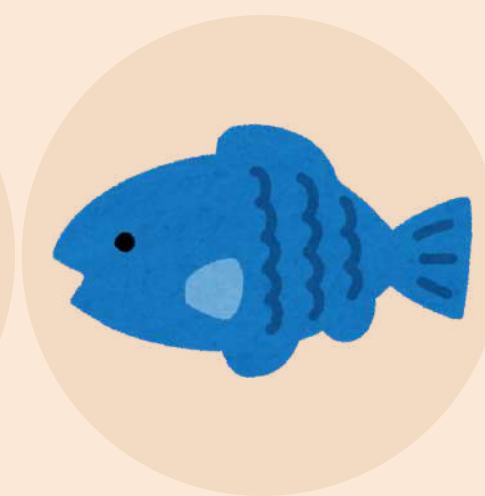
Tree Nuts



Peanuts



Celery



Fish



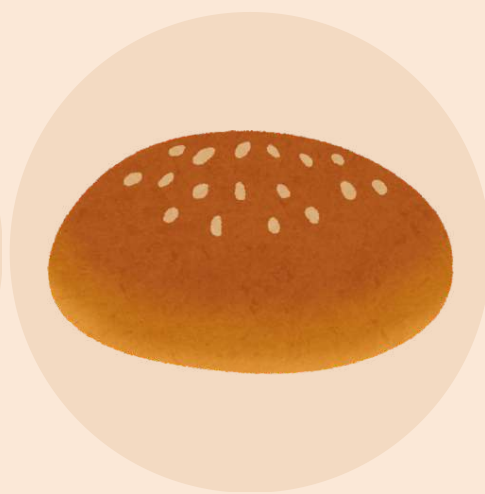
Crustaceans



Sulfates



Soya



Sesame



Lupins



Molluscs



Milk



Mustard

# YOU COULD BE

# ALLERGIC TO...

Allergies **aren't only** limited to **food**.

You can be allergic to almost anything, and an allergy **can develop at any point** in life.



Cleaning Products



Medicines



Perfumes



Pet Fur



Plants

# WHAT IS ANAPHYLAXIS?

Pronounced:

**ANA-FILL-AXIS**

Anaphylaxis is a **severe** allergic reaction and can be life-threatening.

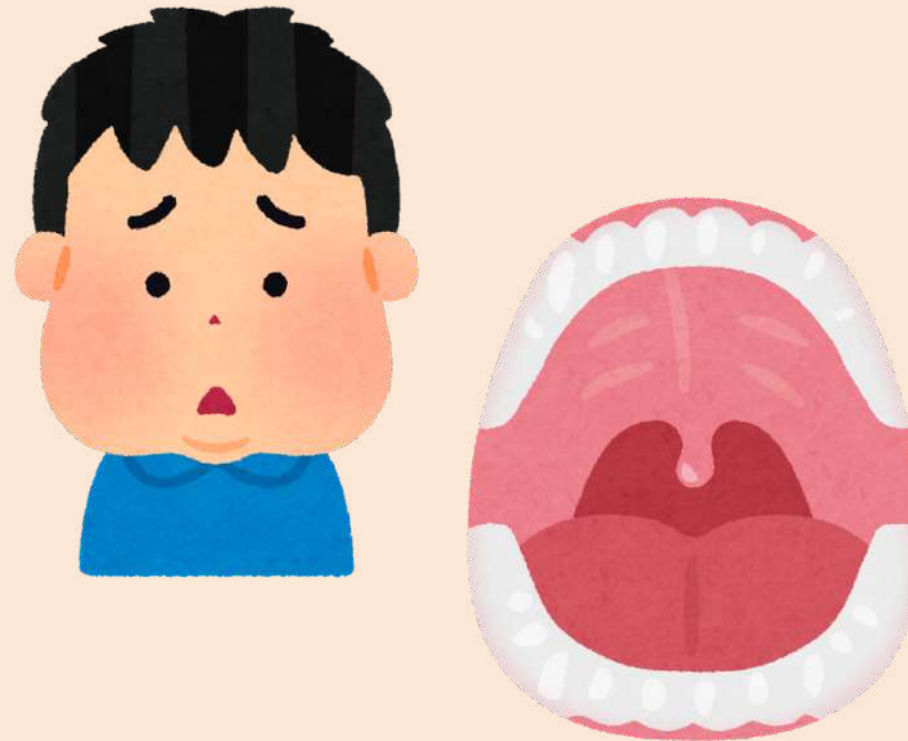


# SYMPTOMS OF ANAPHYLAXIS

**MAY INCLUDE:**



Difficulty breathing  
or wheezing



Swollen tongue  
or throat



Dizziness or  
fainting

# WHAT TO DO IF SOMEONE IS HAVING A SEVERE ALLERGIC REACTION (ANAPHYLAXIS?)

If someone has a severe allergic reaction, quickly and calmly **go to the nearest adult**, and tell them to **get an Anaphylaxis Kitt**.



# WHAT IS AN

## ADRENALINE AUTO-INJECTOR?

An Adrenaline Auto-Injector is a pen with **medicine** inside called epinephrine – also known as **adrenaline**. These pens are kept in the Anaphylaxis Kitt.

Only **trained staff** should use the auto-injector if someone is having a reaction!



YOUR

ANAPHYLAXIS KITT



Do you know where  
your Kitt is located?

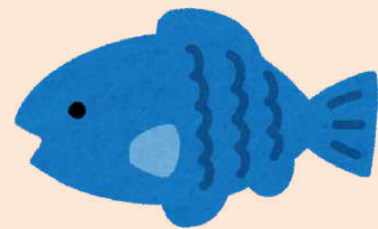


**LET'S SEE**

**WHAT WE'VE  
LEARNED**



# WHICH OF THE FOLLOWING IS NOT ONE OF THE TOP 14 ALLERGENS

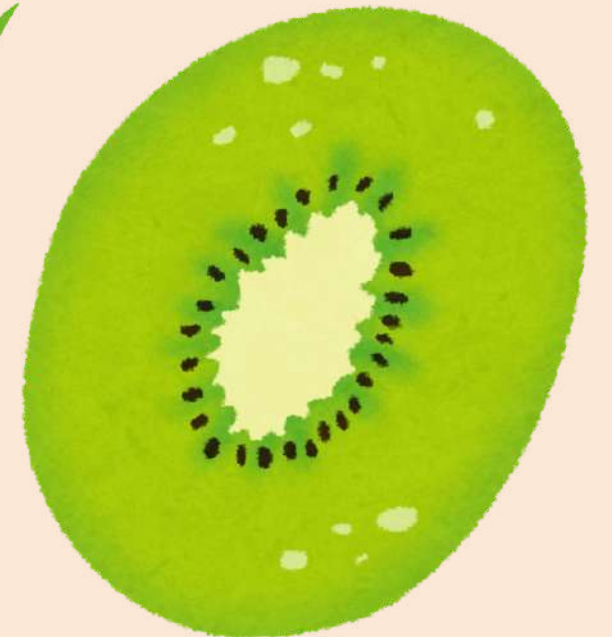
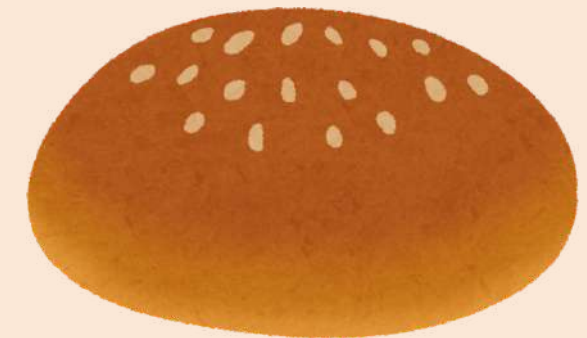


A. MUSTARD

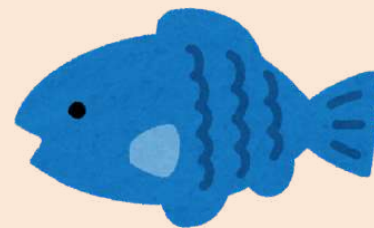
B. LUPINS

C. SESAME

D. KIWI

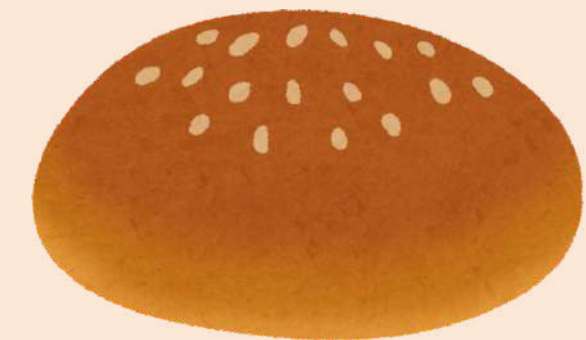


# WHICH OF THE FOLLOWING IS NOT ONE OF THE TOP 14 ALLERGENS

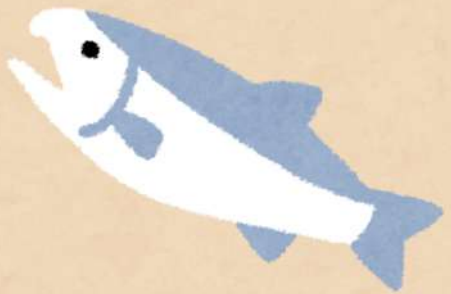


D. KIWI

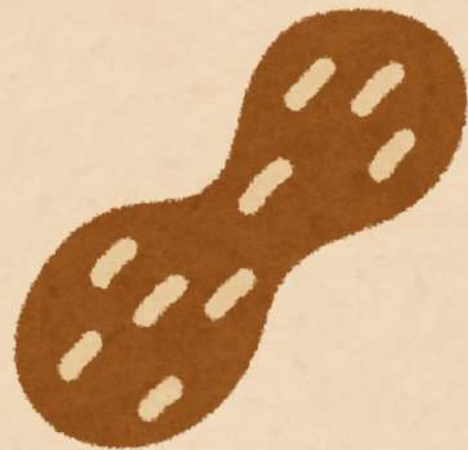
Although kiwis aren't one of the top 14 allergens, many people have kiwi or fruit allergies!



# YOU CAN ONLY HAVE AN ALLERGIC REACTION TO FOOD



A. TRUE



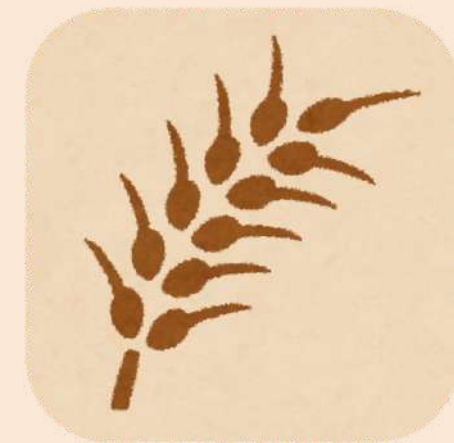
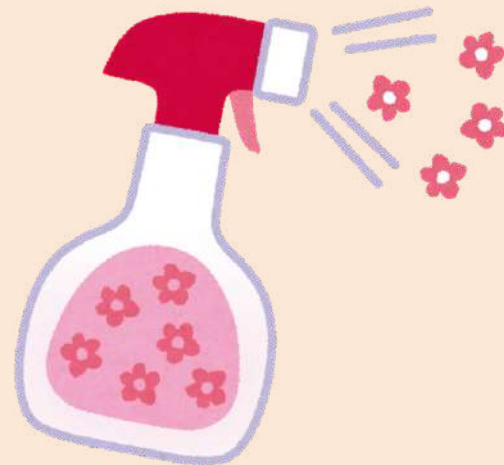
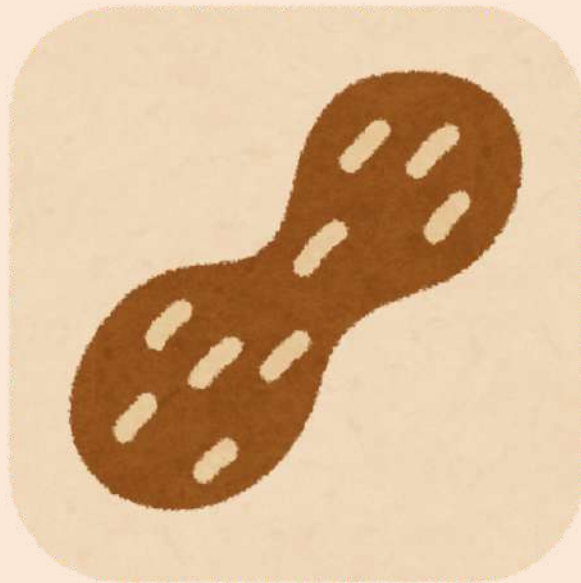
B. FALSE



# YOU CAN ONLY HAVE AN ALLERGIC REACTION TO FOOD

**B. FALSE**

You can have an allergic reaction to almost anything!



**WHICH OF THE FOLLOWING IS NOT  
AN ALLERGY SYMPTOM?**

**A. STOMACH PAIN, VOMITING**

**B. HIVES OR A RASH**

**C. HEADACHE OR MIGRAINE**





WHICH OF THE FOLLOWING IS NOT  
AN ALLERGY SYMPTOM?

C. HEADACHE OR MIGRAINE

Headaches or migraines are  
not a common symptom of  
allergies!



**IF SOMEONE'S HAVING A SEVERE ALLERGIC REACTION,  
YOU SHOULD IMMEDIATELY ALERT AN ADULT**



**A. TRUE**

**B. FALSE**



**IF SOMEONE'S HAVING A SEVERE ALLERGIC REACTION,  
YOU SHOULD IMMEDIATELY ALERT AN ADULT**

**A. TRUE**



Stay calm, do not panic,  
and find the nearest adult





**BONUS**

**QUESTION**

# HOW MANY PEOPLE HAVE ALLERGIES IN THE UK?

A. 100,000

B. 21,000,000

C. 5,000,000

D. 550,000



# HOW MANY PEOPLE HAVE ALLERGIES IN THE UK?

B. 21,000,000



That's almost **1 in 3 people** in the UK that have allergies!

Do you know anyone that has allergies?





**THANK YOU**

**BEING ALLERGY AWARE SAVES LIVES!**