



Are you  
allergy  
aware?

**250K** AN ALLERGY  
AWARENESS  
PROJECT

national  
allergy  
strategy



**ascia**  
australian society of  
clinical immunology and allergy



Allergy & Anaphylaxis  
Australia

# What is allergy?

People with an allergy can become sick when they come into contact with things that are harmless to most people

People with allergies to triggers they breathe in 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
- Unlike colds and chicken pox, 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 that they breathe in (e.g. dust mite, pollen, pet dander, mould)



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





People with allergies to food, medicine or insect stings can get very sick and have symptoms like:

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

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

This is called anaphylaxis (ana--fil--axis) and it means “severe allergic reaction”



So that people with allergies to food, insects or medicines don't get sick, they must avoid what they are allergic to

How can you help?





# You can be a MATE to them!



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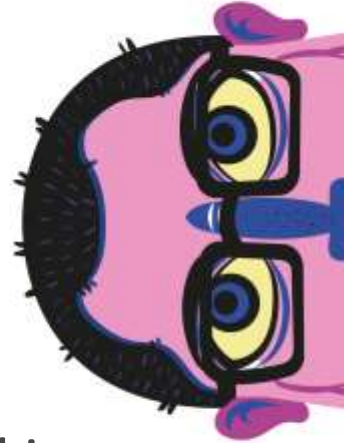
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# What does being a MATE mean?

**It means taking allergy seriously**

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



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

- Quickly ask for help from an adult
- 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 (or sit if it is hard to breathe) while the adult quickly brings the emergency medicine to them - they should NOT stand or walk



## Further information:

**250K – an allergy aware project**

[250k.org.au](http://250k.org.au)

**Allergy & Anaphylaxis Australia**

[allergyfacts.org.au](http://allergyfacts.org.au)

**Australasian Society of Clinical Immunology and Allergy  
(ASCIA)**

[allergy.org.au](http://allergy.org.au)

