



Anaphylaxis Campaign

Supporting people at risk of severe allergies

Did you know?

Some people have allergies to lots of different foods such as milk, eggs, soya, sesame, fish and lots more



It's not just nuts!

Follow our tips to make your school allergy aware

- Always wash your hands before and after eating
- Don't share your food
- If you are not sure, always ask an adult if a food is safe
- If you carry adrenaline, take your two auto-injectors with you wherever you go
- Always check labels on packaged products
- Bullying because of allergies is unacceptable - tell an adult
- If you spot any symptoms act quickly - tell an adult
- Don't be afraid to tell your friends about your allergy