



**Are you allergy
aware?**

Do you know
someone with an
allergy?



What is allergy?

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

Allergic people can

- Get a runny nose and itchy eyes, or
- Sneeze, or
- Get itchy and red skin, or
- Cough hard and find it hard to breathe, or
- Have a tummy ache and vomit.



Why do people have allergies?

- Sometimes it is because their parents have allergies.
- Most of the time we just don't know.
- Doctors and scientists are working hard to try to find out why.
- Unlike colds and chicken pox, you can't catch an allergy from someone else.



Most people know about peanut allergy, but did you know that lots of other foods can cause allergic reactions too?



peanuts



wheat



tree nuts



sesame



egg



cow's milk



shellfish



fish



soy

These foods and others can also make some people sick.



Some people can get very sick when they eat something they are allergic to, or if they are stung by an insect they are allergic to...

They might:

- Have swollen lips or eyes, or
- Have red skin and bumpy rashes, or
- Find it hard to breathe, or
- Have a tummy ache or vomit.



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

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



Most severe allergic reactions are caused by

- Food
- Insect stings
- Medicine

People can also be allergic to other things, like:

- Dust mites
- Trees/grass/pollen
- Pets such as cats and dogs

But these can cause runny noses, itchy eyes and hay fever, not anaphylaxis.



So that people with allergies don't get sick, they must:

- Not eat any food they are allergic to.
- Stay away from insects they are allergic to.

How can you help?



You can be a MATE to them!

Be a
Mate

A blue silhouette of a person with their arms raised in a celebratory gesture, positioned behind the word "Mate" in the logo.

Making Allergy Treatment Easier



What does being a MATE mean?

It means taking allergy seriously

If you know someone with an allergy:

- Don't tease or joke about it.
- Don't try to make them sick by giving them the food they are allergic to.
- Never share your food with them.
- Wash your hands after eating if they have food allergy.
- Ask them about what they are allergic to and help them avoid it.
- Get help from an adult if someone with allergy feels sick, even if they don't want you to. They should lay down and stay where they are while you get help.



Questions?



For more information contact:

Allergy & Anaphylaxis Australia

Phone: 1300 728 000

www.allergyfacts.org.au

Allergy New Zealand

www.allergy.org.nz

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

www.allergy.org.au

How to support allergy research:

**Allergy and Immunology Foundation
of Australasia (AIFA)**

www.allergyimmunology.org.au