

# Information for patients and carers about living with allergies



Allergy & Anaphylaxis Australia provides practical advice and evidence-based information for everyday allergy management. Scan the QR codes below for easy to understand resources and support.

## National Allergy Helpline



Contact our Allergy Educators for free, confidential support and evidence-based information.

## Allergy & Anaphylaxis Australia website



Visit our website for information about allergic disease, tips for management and more.

## Subscribe



Subscribe for free to receive allergy-related news and information, including product updates and allergy related food recalls.

## Anaphylaxis



## Anaphylaxis Management Short Videos



## Babies and Food Allergy



## Food Allergy



## Schools & Childcare



## Eating Out with Food Allergy



## Travel



## Tick Allergy and Mammalian Meat Allergy



## Insect Allergy



## Allergic Rhinitis (hay fever)



## Eczema



## Drug Allergy



Turn over for free resources





## Resources

To help with everyday allergy management, you can order free printed resources, download or watch our free digital resources and purchase adrenaline training devices.



## Living with Allergy Guides

Allergy & Anaphylaxis Australia has developed allergic disease specific 'Living with Allergy Guides' that are sent through a series of emails. The guides provide evidence-based information and support on different topics such as Allergic Rhinitis (hay fever), Chronic Rhinosinusitis, Food Allergy, Eczema and more.



## Food Allergen Cards

These free cards list foods and ingredients that the allergen is commonly found in. Allergy & Anaphylaxis Australia's food allergen cards are helpful for quick reference when reading labels, preparing food and cooking.



## Chef Cards (Translated and English)

To make eating out with food allergy easier, Allergy & Anaphylaxis Australia has developed chef cards. Our cards are available in English and 21 translated languages to help when telling the wait staff or chef about your allergies.

