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Australia**  
Your trusted charity for allergy support

# Allergic Rhinitis (Hay Fever) **FREE** starter kit

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Managing and treating allergic rhinitis and allergic conjunctivitis (eye allergy)



Allergy testing



Using a nasal spray correctly



Immunotherapy (desensitisation)



Avoiding thunderstorm asthma



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Allergy & Anaphylaxis  
Australia



www.allergyfacts.org.au

By signing up you will receive a series of emails over two weeks. Learn what you need to know to improve your symptoms. Signing up will also give you access to Allergy Educators on our **FREE** National Allergy Helpline.