

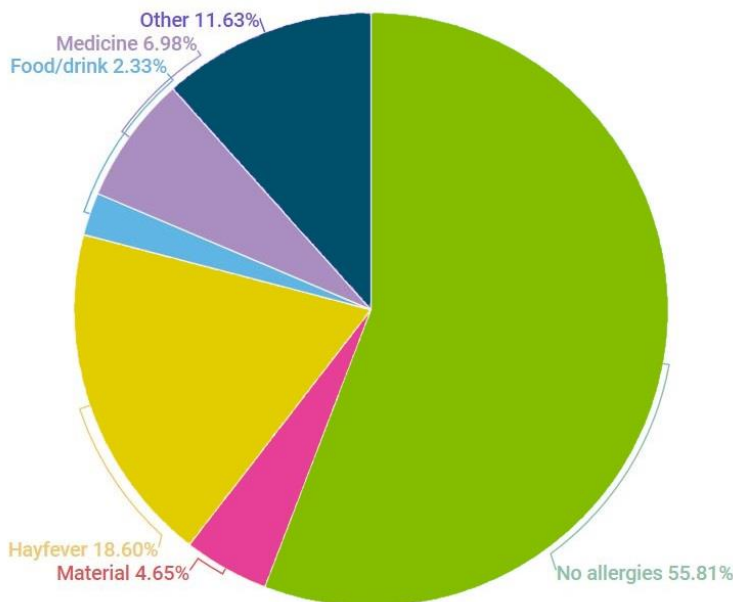
Allergies

In the Autumn we ran a survey asking people in Trafford about their experiences with allergies.

This is what we found out..

Allergies are very common. They're thought to affect more than one in four people in the UK at some point in their lives.

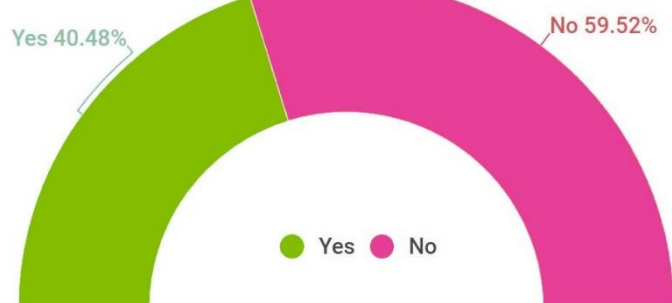
- NHS Choices



Here is what respondents in Trafford said they had.

- Material
- Hayfever
- Food/drink
- No allergies
- Other
- Medicine

Do people in Trafford know where to get an allergy test?



Your GP should be your first port of call if you suspect you have an allergy. Find out more here

<https://www.nhs.uk/Livewell/Allergies/Pages/Whichallergytest.aspx>



● Yes ● No

What to do if someone has anaphylaxis (A severe allergic reaction)

Anaphylaxis is a medical emergency. It can be very serious if not treated quickly.

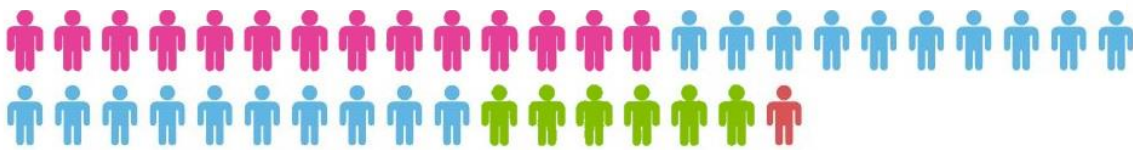
If someone has symptoms of anaphylaxis, you should:

- call 999 for an ambulance immediately :- mention that you think the person has anaphylaxis
- remove any trigger if possible - for example, carefully remove any wasp or bee sting stuck in the skin
- lie the person down flat - unless they're unconscious, pregnant or having breathing difficulties
- use an adrenaline auto-injector if the person has one - but make sure you know how to use it correctly first
- give another injection after 5-15 minutes if the symptoms don't improve and a second auto-injector is available

Some of the symptoms of food intolerance and food allergy are similar, but the differences between the two are very important. Eating a food you are intolerant to can leave you feeling miserable. However, if you have a true food allergy, your body's reaction to this food could be life-threatening.

If you're having an anaphylactic reaction, you can follow these steps yourself if you feel able to.

Where do you look for information on allergies?



● The Internet ● Your GP ● Pharmacist ● Family/Friends

If you want to know more about allergies, ask your GP or consult a reliable website, such as NHS Choices, Allergies UK or the Food Standards Agency

NHS

choices



AllergyUK



Food Standards Agency

healthwatch
Trafford