

Allergy Awareness Week

21st-28th April 2025

I wish I knew #these3things



Three key messages

- Allergies can strike at any age.
- An allergy can make other health conditions such as asthma worsen.
- Getting a diagnosis for an allergy matters- it is the key to accessing the right care.

In raising awareness of **#these3things** the aim is to ensure anyone is well placed to act early and seek help, should any symptoms of an allergy appear.

Allergies are very common. They are thought to affect more than 1 in 4 people in the UK at some point in their lives. They are particularly common in children. Some allergies go away as a child gets older, although many are lifelong.

[Allergy Awareness Week 2025](#)

Millions of people in the UK have some form of allergy and hundreds of thousands have one severe enough to endanger their lives. Hospital admissions for severe allergic reactions have increased by a staggering 615%* in the past twenty years. 29.5 million UK adults have at least one allergy and 48%** live with more than one. The percentage of children diagnosed with allergic rhinitis or eczema has trebled over the last 30 years.

[A National Strategy to tackle Allergy - BSACI](#)

Websites:

<https://www.allergyuk.org/allergy-awareness-weeks/>

<https://www.nhs.uk/conditions/allergies/>

<https://www.bsaci.org/>

<https://actionagainstallergy.co.uk/index.html>

<https://eczema.org/>

<https://www.asthmaandlung.org.uk>



Young people in Hounslow can text a school nurse for confidential advice and support:

07507 333176

Learn more at: bit.ly/ChatHealthPrivacy

Support is Available

Parents and carers if you would like further help or support for your child or teenager, Send a message to:

07312 263 080

Receive an answer within one working day from a qualified school nurse. Monday to Friday, 9am-4.30pm.

