

Allergy Awareness Week (20 - 26 April 2026)

I wish I knew!

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.

[Allergy Awareness Week 2026](#) | [Allergy UK](#) | [National Charity](#)

Diagnosis Matters

Over 30% of adults have had a reaction to food, however only a small proportion have been diagnosed.

Around 25% of children in the UK have eczema. These children are more likely to develop asthma and hay fever and almost 5 times more likely to develop a food allergy. Fewer than 10% of children that have a food allergy have been seen by a specialist allergy clinic.

This awareness matters: this is an opportunity to help people recognise the signs and symptoms of allergies and how to get access to the right support.

Useful links:

[Allergies - NHS](#)

[Home - BSACI](#)

<https://eczema.org/>

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

[Allergy Awareness Week 2026](#) | [Allergy UK](#) | [National Charity](#)

11-19 years old? Young people in Hounslow can text a School Nurse on **07507 333 176** for confidential advice and support.



Receive an answer within one working day from a qualified School Nurse
(Monday to Friday 9.00am-4.30pm)

Parents and carers in Hounslow can text a School Nurse on **07312 263 080** for confidential advice and support for their child or teenager.



Receive an answer within one working day from a qualified School Nurse
(Monday to Friday 9.00am-4.30pm)