

# MANAGING ALLERGIES

If you live with an allergic condition or are supporting or caring for someone with an allergy, you may need to consider the following useful tips for helping to manage allergies...

## 1. GOOD HOUSEKEEPING

•Practice good housekeeping by keeping your environment clean and tidy. This is particularly important for people who suffer with mould and dust mite allergies

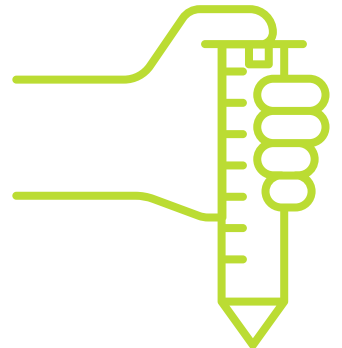


## 2. CLEAN AIR

If possible, consider using an air purifier to help reduce any airborne allergens

## 3. EMERGENCY MEDICATION

Ensure you have stock of relevant emergency medication and that you are aware of how to use it correctly. For milder allergic reactions, antihistamines may help. Always consult a pharmacist and read the package guidance



## 4. CAREFUL MEAL PREP

When preparing food, ensure you ask about food allergies or intolerances. If someone does have a food allergy, ensure the allergen is not present in the food and that cooking equipment does not come into contact with the allergen.

## 5. EMOTIONAL SUPPORT

Help alleviate anxiety by providing a safe environment and practice positive strategies for managing anxiety, such as mindful breathing or muscle relaxation



## 7. MEDICAL HELP

If you suspect you or someone you care for may have an allergy, you should contact your GP in the first instance. Ask about specialist allergy support services

You can find out more information about allergies on the NHS website. You can also contact us about training in [Allergy Awareness, Anaphylaxis and Emergency Medication...](#)