

# Travelling With Allergy



## Allergy Awareness Week

Monday 23rd April - Sunday 29th April 2018

We're raising awareness of the challenges faced by people with allergies when travelling and helping to make travelling easier.

### Visit our website for information on:

- our plans to help make travelling with an allergy easier
- flying with an allergy
- top tips on planning ahead for holidays abroad and in the UK
- managing your hay fever while on holiday

[www.allergyuk.org/allergyawarenessweek](http://www.allergyuk.org/allergyawarenessweek)



**Help us to help others!**

Just £15 could pay for an hour of time with one of our Helpline advisors. [www.allergyuk.org/donate](http://www.allergyuk.org/donate)