

I wish I knew
#these3things

“

I feel lucky - I knew the signs of allergy and I knew Nate needed help, so I sought advice straight away. Early intervention has made a big difference to him.

”



Because the right knowledge at the right time can change the course of an allergy journey.

www.allergyuk.org/i-wish-i-knew



21st - 27th April 2025
Allergy Awareness Week 2025



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It was terrifying...

I recall how it felt all over again whenever I remember that time.

I wish I had known better what to look out for with allergies.

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Allergies are rising and can be a serious health condition. Know these three things to act early and take control, before allergy takes over...

#1

Allergies can develop at any stage of life

#2

Being diagnosed matters

#3

Allergy can be linked to other conditions

Join the conversation.
Share to empower others.
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**What do you wish
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Visit our hub to learn more about recognising early
symptoms and taking control of allergy.

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