



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** 







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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21st - 27th April 2025 Allergy Awareness Week 2025





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



Allergies can develop at any stage of life



Being diagnosed matters



Allergy can be linked to other conditions

Join the conversation.

Share to empower others.

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What do you wish you'd known sooner about allergy?

## Share your story to empower others.

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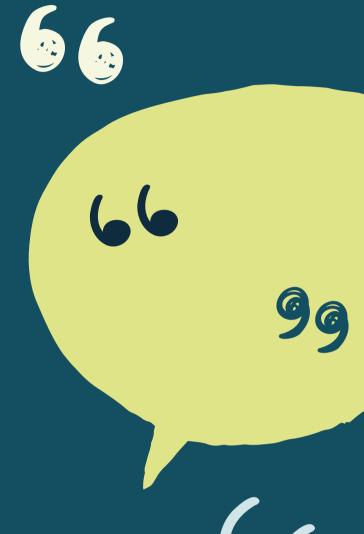
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What do you wish you'd known sooner about allergy?
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Visit our hub to learn more about recognising early symptoms and taking control of allergy.

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