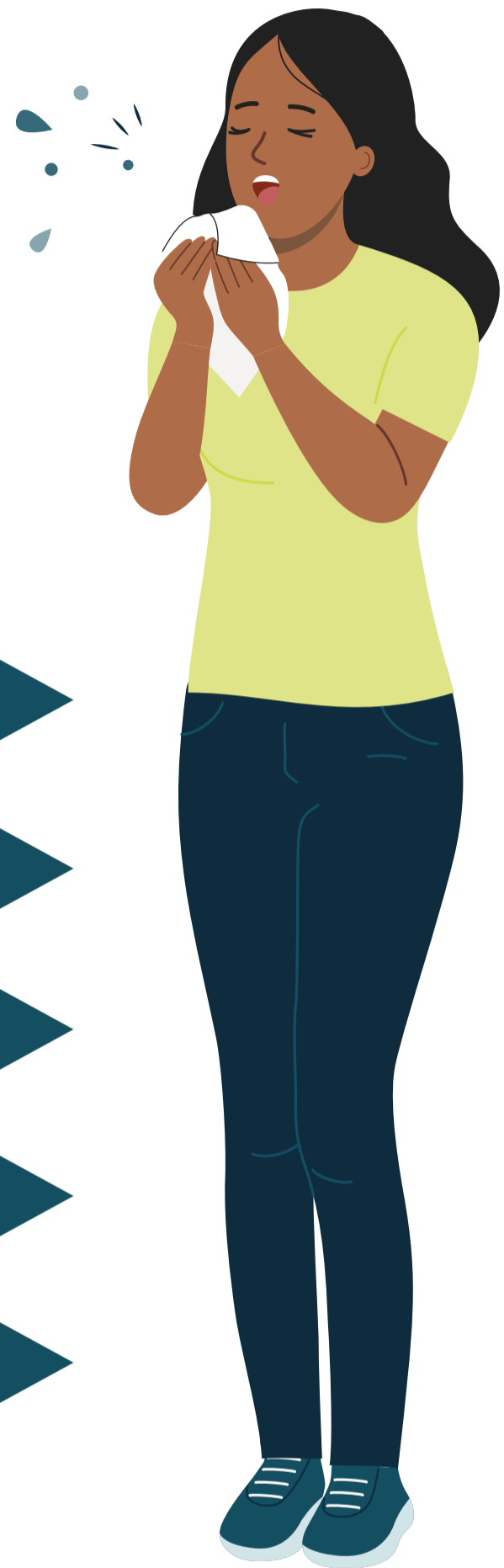




# Could it be allergy?

## Don't ignore it.

### Check it out.

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



-  **Coughing/wheezing**
-  **Itching/rashes/swelling**
-  **Stomach symptoms**
-  **Congested/runny nose/sneezing**
-  **Red, itchy & watery eyes**

Check it out at our Self-Help Hub\*:  
[www.allergyuk.org/self-help-hub](http://www.allergyuk.org/self-help-hub)

**I wish I knew**



**Allergy Awareness Week 2026**  
20th - 26th April 2026

