

**Is allergy the
missing piece of
the puzzle?**

**Don't ignore
the signs.**



Don't ignore it, check it out at*:
www.allergyuk.org/self-help-hub

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

Allergy Awareness Week 2026
20th - 26th April 2026



*This resource is not a substitute for medical assessment. For any acute or worsening symptoms, please seek advice from your GP or local A&E department.

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