



# A guide to...

## Information for Young People with food allergy who have been discharged from the Children's Allergy Service

*Patient information*

### How to contact us

Children's Services - Allergy Dept  
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Vicarage Rd, Watford, WD18 0HD  
Tel: 01923 4367246

If you need this leaflet in another language, large print, Braille or audio version, please call **01923 217 187** or email [westherts.pals@nhs.net](mailto:westherts.pals@nhs.net)



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## So long, farewell

Saying goodbye is hard, especially if you have been coming to the allergy clinic for many years. But our paediatric services are designed to support children and young people up to but not after their 16<sup>th</sup> birthday. So now you are getting towards this important age, we need to discharge you from the children's allergy service.

We know you will have been reassured that your doctor was available for you in case there was a problem or concern about your allergy, even if you did not need to speak to them inbetween your appointments. But now you are old enough to be looked after by your GP or an adult allergy services, this leaflet will give you some additional support.



*Photo from pexels.com*

## You and your allergy



It is likely you have lived with your allergy over your early years of childhood and school. So it is probably very much a part of you. But it is really important that you still manage your allergy. You will now be an independent young person and will be spending more time away from home and with friends. So you should be sure your friends know about your allergy and know how to use your adrenaline pen [if you have one] in case they are with you when you have a reaction. Always be careful to ask about new foods or when you *eat out – both in a restaurant or a takeaway. If you are not sure – DON'T EAT IT!*

### Expiry Alert Service

If you have an Adrenaline Pen, visit the company's web site and sign up for the **Expiry Alert Service** and receive free reminders by text or email when your Adrenaline Pen is about to expire.

## An alert bracelet



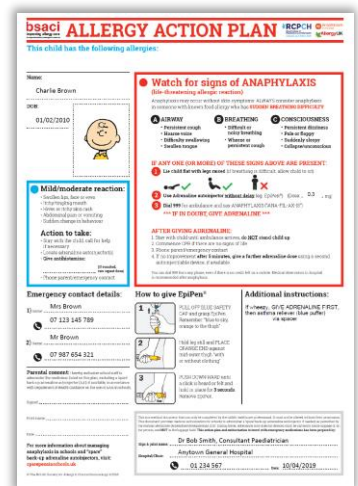
Sign up to a Medic Alert service which gives a physical alert of a medical condition (bracelet or necklace) [www.medicalert.org.uk](http://www.medicalert.org.uk).

Similar items can be sourced elsewhere – for example Amazon or at [www.mediband.com/gb/](http://www.mediband.com/gb/) which may be more suitable for younger children.

## Your Allergy Action Plan & Emergency Allergy Pack

Looking after your allergy is as important now as it was when you were much younger. While you are still living at home, you are an independent young person who will be spending significant periods of time out and about. It is **really important** you remember to take your **allergy pack** with you. This should contain:

- The allergy action plan (as opposite)
- Antihistamine medicine (tablets or liquid)
- TWO Adrenaline pens (if they have been prescribed)
- A blue inhaler and blue spacer (if they have been prescribed).



## Don't forget the basics!



Photo by Marta Branco from Pexels

Your allergy may have been the same for many years. But you must still be careful. Remember to check labels and ask about allergens in restaurants. Just because you have not had a reaction for a while does not mean you are not allergic any more. So you must be still stick to the rules.

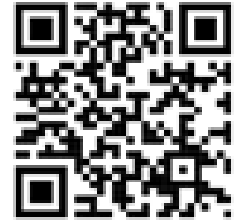
## Generally allergy is managed by the 3 'A's':

<b>Avoidance</b>	You <b>MUST avoid</b> any foods which you know you are allergic to. Take care with labels and risk assess any new foods and when eating out in a restaurant or from a take-away.
<b>Antihistamine</b>	Have <b>antihistamine</b> medicine available. This is usually Cetrizine which is non-drowsy. Liquid is easier to take than tablets if a reaction involves the mouth or tongue.
<b>Adrenaline Pen</b>	Ensure you have your 'allergy kit' including the <b>Action Plan</b> , <b>Antihistamine</b> and <b>TWO Adrenaline Pens</b> and an inhaler and spacer if appropriate with you <b>AT ALL TIMES</b> .

## Taking your allergy kit with you

### 'Take the kit'

The Anaphylaxis Campaign, together with the multi-award-winning production company Bare Films, produced #TakeTheKit, to alert severely allergic young people to the importance of carrying their Adrenaline Auto-Injector (AAI), the first line of treatment for anaphylaxis.  
<https://www.anaphylaxis.org.uk/campaigning/takethekit/>



## Further information for young people

You will see below are some links to further information you might find useful, specifically about relationships from Allergy Lifestyle and eating out from the food standards agency.



### Guidance for young adults

<https://www.anaphylaxis.org.uk/campaigning/guidance-for-young-adults/>



### Allergies and relationships

<https://www.allergylifestyle.com/kiss-ing-with-allergies/>



### Easy to Ask Campaign

<https://www.allergyuk.org/about/latest-news/734-easy-to-ask-campaign>



### Advice for teenagers

<https://www.food.gov.uk/safety-hygiene/advice-for-teenagers-and-young-adults-with-a-food-allergy>



## Take care

We wish you well in the next phase of your life. Please stay alert to your allergy and take care. The following section gives you some charities and groups with a lot of good information and support if you need it.

## Further information about allergies

### Charities

Allergy UK is a UK charity dedicated to allergy  
The Anaphylaxis Campaign  
Allergy resources (emergency bags etc)  
Information, advice and support for people with allergy and their carers

[www.allergyUK.org](http://www.allergyUK.org)

[www.anaphylaxis.org.uk](http://www.anaphylaxis.org.uk)

[www.allergylifestyle.com](http://www.allergylifestyle.com)

[www.actionagainstallergy.org](http://www.actionagainstallergy.org)

### Adrenaline Auto Injectors

Jext - <https://jext.co.uk/>

Epipen - [www.epipen.co.uk](http://www.epipen.co.uk)

Templates to complete and give chefs in restaurants

<https://allergyfacts.org.au/resources/aaa-translated-chef-card-template>