



# Allergy Awareness at Easter



Easter for many people is a time of year for indulging in chocolate and all kinds of other sweet treats. However, for university students who are at risk of a severe allergic reaction, these festivities can be challenging.

Below is a list of the Anaphylaxis Campaign's top tips to keep yourself safe during this time.

- Make friends, housemates and family aware of your allergy and what to do in an emergency
- Remember that Easter eggs made by food manufacturers may not have the same ingredients, and subsequently the same allergen profile, as other chocolate bars from the same manufacturer - so always check the label
- Watch out for multipack items that may have been separated from the main packaging
- Try to avoid cross contamination by mixing or touching treats, as there can be so many around at this time of year
- Some manufacturers, such as Nestle and Cadbury, have avoidance and free from lists online, so check them out
- Keep your adrenaline auto-injectors and medication with you at all times

For further information please visit [www.anaphylaxis.org.uk](http://www.anaphylaxis.org.uk) or contact our helpline team at [info@anaphylaxis.org.uk](mailto:info@anaphylaxis.org.uk) or call 01252 542 029