

# ALLERGIES

What to do next

**1 Home (Self Care)**  
talk to your pharmacist  
about relief for minor  
allergic reactions.

**2 General  
Practice (GP)**  
if symptoms are not better  
after 2 days.

**3 ED (Emergency Department)**  
via ambulance for breathing  
issues, if lips/tongue swell or  
if epipen used.



# ALLERGIES

*Allergies occur when a person's immune system over-reacts to something in the environment. Common allergies include those to dust, grasses, pollen, pets, foods and insect stings.*

## What to do

- If your child has a mild allergic reaction, take them home to rest and recover.
- Talk to a pharmacist if your child has a mild hayfever symptoms (sneezing, runny or blocked nose, itchy or watering eyes, itchy or irritated throat, or red itchy skin with patchy swelling).
- Monitor your child and keep watch for new or worsening symptoms.

## When to get help

Call your general practice (GP) if:

- their symptoms become worse (spreading rash, swollen lips and/or eyes)
- their symptoms haven't gotten better after 2 days (particularly if they haven't been taking allergy relief)
- they start having symptoms on a regular basis
- you are concerned about them.

## Call an ambulance if:

- your child is having trouble breathing
- you are concerned their symptoms are rapidly getting worse.

For more information call Healthline on **0800 611 116** or visit [healthnavigator.org.nz](http://healthnavigator.org.nz).