



anaphylaxis UK

A brighter future for people with serious allergies

THE ALLERGY ROUND

1. What is an allergy?

A - When your body reacts negatively to all food products.

B - When you feel sick after eating a food.

C - When the body wrongly identifies a food or substance as a threat which causes an allergic reaction.

2. What is anaphylaxis?

A - A serious life-threatening allergic reaction.

B - When you vomit after eating a food.

C - When you have a rash but no other symptoms after eating a food.

3. What are the 'ABC symptoms' of anaphylaxis?

A - Adrenaline, Breathing, Circulation.

B - Airways, Breathing, Circulation.

C - Airways, Breathing, co-ordination.

4. Anaphylaxis UK (formerly known as The Anaphylaxis Campaign) is the only UK-wide charity operating solely for the growing numbers of people at risk of serious allergic reactions and anaphylaxis. When was it founded?

A - January 1994.

B - March 2000.

C - January 2010.

5. Approximately how many adults are affected by a peanut or tree nut allergy in the UK?

A - 1 in 50.

B - 1 in 200.

C - 1 in 500.

6. In the UK approximately how many babies are affected by a cow's milk allergy?

A - 2 - 3 out of 100.

B - 4 - 5 out of 100.

C - 10 out of 100.

7. How many major food allergens must food businesses provide information about in the UK?

A - Ten.

B - Fourteen.

C - Seven.



ANSWERS

QUESTION 1 - C - When the body wrongly identifies a food or substance as a threat which causes an allergic reaction.

QUESTION 2 - A - A serious life-threatening allergic reaction.

QUESTION 3 - B - Airways, Breathing, Circulation.

QUESTION 4 - A - January 1994.

QUESTION 5 - B - 1 in 200.

QUESTION 6 - A - 2-3 out of 100.

QUESTION 7 - B - Fourteen.