

Practical Ps - for Allergy Patients



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BSACI
Improving Allergy Care
through education, training and research

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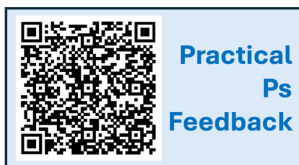


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- **Prescriptions** – know the names, can request, pharmacy facts, signing up to the NHS App
- **Pots & Pans** – can cook & shop, cross contamination
- **Pubs & Parties** – alcohol/substance effects; asking/telling re allergy/ingredients; safe snacks
- **Partners & Peers** – information sharing, how/who
- **Pills, Puffers, Potions (& Lotions)** – know the names, how to use, managing conditions if they flare
- **Pens** – carry pens, know how to use, train others, emergency management.
- **Planning & Preparing** – living independently, travel, days/nights out...
- **Problems** – psych-social risk factors; destigmatizing, where to find help when things are tricky
- **Places** – shared home, foreign languages, cultures, food allergy translation app (e.g. Shivlet or similar)



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