

A **well**COME HOME

INDOOR ALLERGY AWARENESS WEEK 2024

The
relentlessness
of maintaining an
environment for your
child to be *safe* can be
exhausting. Some days
I don't want to vacuum
again, but do, because of the
guilt and stress
when she has a flare up

Indoor allergies contribute to mental health issues in 72% of individuals affected.

Help us create a *wellcome home* for people living with an indoor allergy.

Visit www.allergyuk.org/wellcome-home or scan the QR code to find out how.





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YOUR HOME SHOULDN'T BE A HAZARD

25% of people with indoor allergy have been hospitalised. Take steps to control indoor allergens before they control your health.

Visit our *wellcome home* hub for advice on how to recognise and manage indoor allergies.

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A PLACE TO PLAY, NOT TO STRUGGLE

40% of parents say their child's indoor allergies stop them from enjoying their home. Clean air should be part of every childhood.

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A BEDROOM SHOULD BE A PLACE OF REST

Often, the bedroom has the worst air quality in the house. Clean air is essential for a good night's sleep.

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