

Compliments, comments & complaints

If you'd like to compliment, comment or complain about our service please contact our Customer Services Department:

Customer Services Department

Livewell Southwest
Room AF3, Local Care Centre
200 Mount Gould Road
Plymouth
PL4 7PY

Tel: 01752 435201

Email: customerservicespch@nhs.net

Contact details

The Minor Injuries Units are open every day of the year, including Bank Holidays.

Minor Injuries Unit Cumberland Centre

Damerel Close
Plymouth
PL1 4JZ

Tel: 01752 434390

Opening times: 8:30am - 9pm

Minor Injuries Unit South Hams Hospital

Plymouth Road
Kingsbridge
TQ7 1AT

Tel: 01548 852349

Opening times: 9am - 5pm

Minor Injuries Unit Tavistock Hospital

Spring Hill
Tavistock
PL19 8LD

Tel: 01822 612233

Opening times: 8am - 10pm

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 Livewell Southwest

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Allergy Information & Advice



Minor Injuries Unit

Cumberland Centre
South Hams Hospital
Tavistock Hospital

You have had a mild or moderate allergic reaction. This means that your body's immune system has had a hypersensitive reaction (over reaction) to a harmless substance called an allergen.

What is an allergic reaction?

An allergic reaction can present with one symptom or a combination of symptoms:

Urticaria (hives) are common - they are itchy, red eruptions on the skin which can be local or widespread.

Lip, tongue and mouth swelling, which can cause hoarseness and itching.

Allergic Conjunctivitis with itchy, red, watery, swollen eyes.

Allergic Rhinitis with a stuffy or runny nose and sneezing

Nausea and vomiting with abdominal pain and diarrhoea.

What can you be allergic to?

Almost anything can trigger an allergic reaction if you are susceptible. Common allergens are:

Foods such as nuts, dairy products, shellfish, fruits and grains

Dust and pollen

Medications such as antibiotics

Metals

Latex or rubber

Chemicals in detergents, hair dyes, tattoos

Insect bites / stings

Often no obvious cause can be found unless it has occurred before with the same allergen. This is why it is important to keep a diary.

Who gets allergies?

Anyone can have an allergy at any time of life. You may be more at risk of sustaining an allergic reaction if you:

- Have a family history of an allergy
- Have other allergies (several allergens are linked to one another)
- Have a history of asthma, hayfever, eczema or other atopic disorders

What should you do if you have an allergic reaction?

If you have a rapidly developing reaction with feeling unwell, redness, swelling to mouth, tongue, throat, wheezing, cough and shortness of breath you should seek immediate medical help by calling 999 or attending your local emergency department.

Symptoms that are mild or develop over a longer period of time can be treated with:

Oral antihistamines - you may have been sent home with Chlorphenamine or you can contact your community pharmacist for 'over the counter' non-drowsy antihistamines such as Cetirizine.

Topical eye drops or **nasal spray** can be obtained from your community pharmacist over the counter.

If itching, you can contact your community pharmacist for over the counter **anti-itch creams** such as Calamine or Crotamiton or, if needed, steroid cream.

Preventative sprays for chronic allergy problems such as hayfever should be discussed with your GP.