

What are allergies?

- Allergies are **abnormal bodily responses** to external agents that are not harmful to the majority of the population.
- The substances to which one is allergic are called **allergens**, and the symptoms caused are defined as **allergic reactions**.

What causes them?

Allergens can come into contact with the body in different ways:

1



Inhalation

2



Ingestion

3



Contact with the skin

TYPES OF ALLERGENS

The most common are:



Pollen



Insects



Dust mites



Mould



Animals



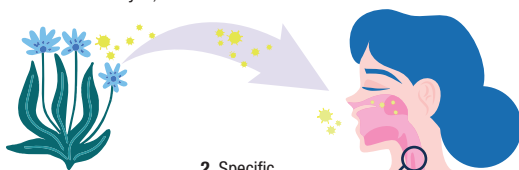
Food



Drugs

Allergy process

1. Pollen enters through the eyes, nose and mouth.



2. Specific antibodies are produced.



3. The antibodies attach to tissue cells.



4. Pollen enters the body, attaches to the antibodies and releases chemicals such as histamine.



5. An allergic reaction occurs: cough, redness and rhinitis.

PREVALENCE

The prevalence of allergic diseases has increased **dramatically** in recent years.

According to the **WHO**, allergies affect more than

30%
of the world's population

Environmental, habitat and lifestyle changes, plus an increased number of pets have contributed to this growth.



Tips for administering and using sublingual vaccines



Administering
sublingual vaccines



Apply beneath your
tongue and hold for 3-4
minutes, then swallow.



Take the vaccine on an
empty stomach, first
thing in the morning



Always take the vaccine at
the same time. We
recommend setting an alarm



Keep the vaccine in the
fridge at a temperature
between 2°C and 8°C,
never in the freezer



Avoid taking other
vaccines at the same
time. We advise
waiting at least 7 days
between each one



⚠ Don't administer the vaccine if:



You have poorly
controlled
asthma



You have an oropharyngeal,
respiratory or oral infection




You undergo oral
surgery. Take the vaccine
7 days after the surgery

Sublingual vaccine administration



Tips for administering and using sublingual vaccines

How should you restart taking the vaccine after stopping?

Type of treatment	Number of days' break	 How should you restart?
Start	< 7 days	No change in dose necessary.
	7 – 15 days	Reduce by 1 spray for every 7 days of break. Then increase by 1 spray every day until you reach the desired dose.
	> 15 days	Restart administration as if it were the first day and follow the recommended schedule.
Maintenance	< 14 days	No change in dose necessary.
	2 – 5 weeks	Reduce by 1 spray for every 2 weeks of break. Then increase by 1 spray every day until you reach the desired dose.
	> 5 weeks	Restart administration as if it were the first day and follow the recommended schedule.



Considerations for using subcutaneous vaccines



Follow the dose and schedule recommended by your allergist



We recommend having the vaccine administered by a healthcare professional



We recommend carrying the vaccine to the medical centre in a cool bag



Keep the vaccine in the fridge at a temperature between 2°C and 8°C, never in the freezer



Wait 30 minutes after administering the vaccine in case of possible side effects



Don't do any intense physical exercise and avoid high-temperature environments (saunas, steam rooms) in the hours before and after the vaccination

 **Don't administer the vaccine if:**



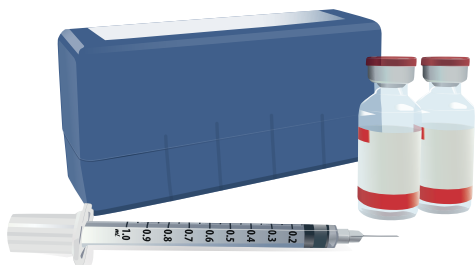
You have had another type of vaccine. We advise waiting at least 7 days between each one



You have poorly controlled asthma



You have a fever and/or an acute infectious respiratory condition



Considerations subcutaneous vaccines