



ALLERGIEZENTRUM SCHWEIZ  
CENTRE D'ALLERGIE SUISSE  
CENTRO ALLERGIE SVIZZERA

## Allergies, intolerances, asthma or atopic eczema? Here you can find support in Switzerland

aha! Swiss Allergy Centre is a centre of excellence for allergies, intolerances, asthma and atopic eczema. It is a foundation and committed to the health and quality of life of those affected. This information sheet lists offers from our network.

### Medical help

Depending on the disease pattern there are different specialists in Switzerland.

- Allergies: Doctors specialising in allergology
- Intolerances & gastrointestinal complaints: Doctors specialising in gastroenterology
- Atopic Eczema & Skin Disease: Doctors specialising in dermatology
- Asthma: Doctors specialising in allergology or pneumology

To find your nearest specialist, go to [www.doctorfmh.ch](http://www.doctorfmh.ch) (select the medical speciality and choose a canton or enter a post code or place). Other contact points are the Swiss university and cantonal hospitals (list on [www.aha.ch/links](http://www.aha.ch/links)).

### Offers from aha! Swiss Allergy Centre

#### aha!infoline

Itching, sneezing attacks, flatulence, coughing? The aha!infoline (consulting helpline) knows what to do.

Our consultants with training in the medical-therapeutic, nursing and psycho-social fields are available free of charge from Monday to Friday, 08.30-12.00, to answer questions about allergies, intolerances, asthma and skin diseases.

Phone +41 31 359 90 50

#### Website

On our website [www.aha.ch](http://www.aha.ch) you will find scientifically based information on allergies, intolerances, asthma and skin.

#### Pollen allergy website (available in German, French and Italian)

For current pollen forecasts and information on pollen allergy (hay fever), visit the website [www.pollenundallergie.ch](http://www.pollenundallergie.ch).

#### Brochure "allergies – simple to explain"

Our brochure "Allergies - simple to explain" can be ordered free of charge (1 copy per person) from our secretariat (+41 31 359 90 00 / [info@aha.ch](mailto:info@aha.ch)).

#### aha! Counselling Centre for Atopic Eczema at the University Children's Hospital Zurich

Do you have questions about the clinical picture, the implementation of therapy or everyday management when dealing with atopic eczema? We offer free consultations on site or online.

For more information, please call +41 44 266 84 35 or write an e-mail to [wundberatung@kispi.uzh.ch](mailto:wundberatung@kispi.uzh.ch).

#### Anaphylaxis-Training

Anaphylaxis is the most severe form of allergic reaction and requires immediate medical attention. For this reason, we offer a training course for those affected and their families. For information visit [www.aha.ch/anaphylaxis-training-in-basel](http://www.aha.ch/anaphylaxis-training-in-basel).

#### Products for people with allergies and intolerances

Products with the Swiss Allergy Seal of Quality are particularly suitable for people with allergies and intolerances. They can rely on these products, which take account of their special requirements, enhance their safety and make their everyday lives easier. More information: [www.service-allergie.ch](http://www.service-allergie.ch)

If you need assistance, we are happy to help you. Contact our free help line (aha!infoline).  
Phone +41 31 359 90 50; Monday to Friday, 08.30-12.00