

What you should know about **FOOD ALLERGY**

By Authorstream.com

FOOD ALLERGY BASICS

- A food allergy is an abnormal response by the immune system to a food protein. When the food is eaten, the immune system releases histamine and other chemicals to “attack” the food.
- Food allergy symptoms may occur within minutes to two hours after ingestion. Almost any food can cause a reaction. There is no cure for food allergy. Complete and strict avoidance is the only way to prevent a reaction.
- Eight food groups cause 90% of the allergic reactions in the U.S. They are milk, wheat, eggs, soy, peanuts, fish, tree nuts, and shellfish.
- Foods that cause the majority of severe or anaphylactic reactions are peanuts, tree nuts, fish, and shellfish.

WHAT DOES IT MEAN TO HAVE A FOOD ALLERGY?

- Strict avoidance of that food
- Constant vigilance
- Just one bite can hurt!

MILD SYMPTOMS THAT INVOLVE THE RESPIRATORY TRACT

- Itchy, watery eyes
- Running or stuffy nose
- Sneezing
- Cough
- Itching or swelling of the lips
- Wheezing

MILD SYMPTOMS THAT INVOLVE THE GASTROINTESTINAL TRACT

- Abdominal cramps
- Nausea
- Vomiting
- Diarrhea

MILD SYMPTOMS THAT INVOLVE THE SKIN

- Hives
- Eczema
- Itchy red rash
- Swelling

SEVERE ALLERGIC SYMPTOMS OF THE RESPIRATORY TRACT

- Shortness of breath
- Difficulty swallowing
- Chest tightness
- Tingling of the mouth
- Itching or swelling of the mouth or throat
- Change in voice (raspy voice)

SEVERE ALLERGY SYMPTOMS OF THE CARDIOVASCULAR SYSTEM

- Drop in blood pressure
- Loss of consciousness/fainting
- Shock

CAUSES OF ACCIDENTAL EXPOSURES

- Not reading ingredient label to be sure food is allergen-free
- Food trading
- Inaccurate labeling
- Contamination from other foods from improperly cleaned utensils and table surfaces

TREAT REACTIONS QUICKLY

- There is no way to know how serious a reaction will become, so it is important to treat all reactions quickly.
- If the reaction is SEVERE you will need to use the EPIPEN.
- There are two different strengths of the EPIPEN:
Epipen 0.3 mg---use on students weighing more than 60 pounds
Epipen Jr. 0.15 mg---use on students weighing 30-60 pounds

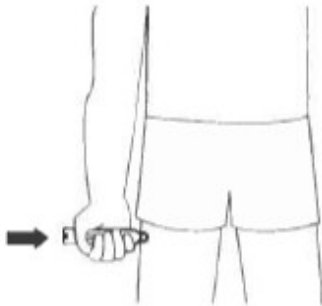
HOW TO USE AN EPIPEN

EPIPEN Auto-Injector and EPIPEN Jr Auto-Injector Directions

- First, remove the EPIPEN Auto-Injector from the plastic carrying case
- Pull off the blue safety release cap



- Hold orange tip near outer thigh (always apply to thigh)



- Swing and firmly push orange tip against outer thigh. Hold on thigh for approximately 10 seconds. Remove the EPIPEN Auto-Injector and massage the area for 10 more seconds



DEY® and the Dey logo, EpiPen®, EpiPen 2-Pak®, and EpiPen Jr 2-Pak® are registered trademarks of Dey Pharma, L.P.

Adrenaclick™ 0.3 mg and Adrenaclick™ 0.15 mg Directions



Remove **GREY** caps labeled "1" and "2."



Place **RED** rounded tip against outer thigh, press down hard until needle penetrates. Hold for 10 seconds, then remove.

A food allergy response kit should contain at least two doses of epinephrine, other medications as noted by the student's physician, and a copy of this Food Allergy Action Plan.

A kit must accompany the student if he/she is off school grounds (i.e., field trip).

TEAM WORK

- Managing food allergies in schools requires teamwork between staff, parents, and students.

ADDITIONAL RESOURCES

- <http://www.foodallergy.org>
- <http://www.aap.org> American Academy of Pediatrics
- <http://www.aaaai.org> American Academy of Allergy, Asthma, and Immunology

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