

# Allergy and Anaphylaxis



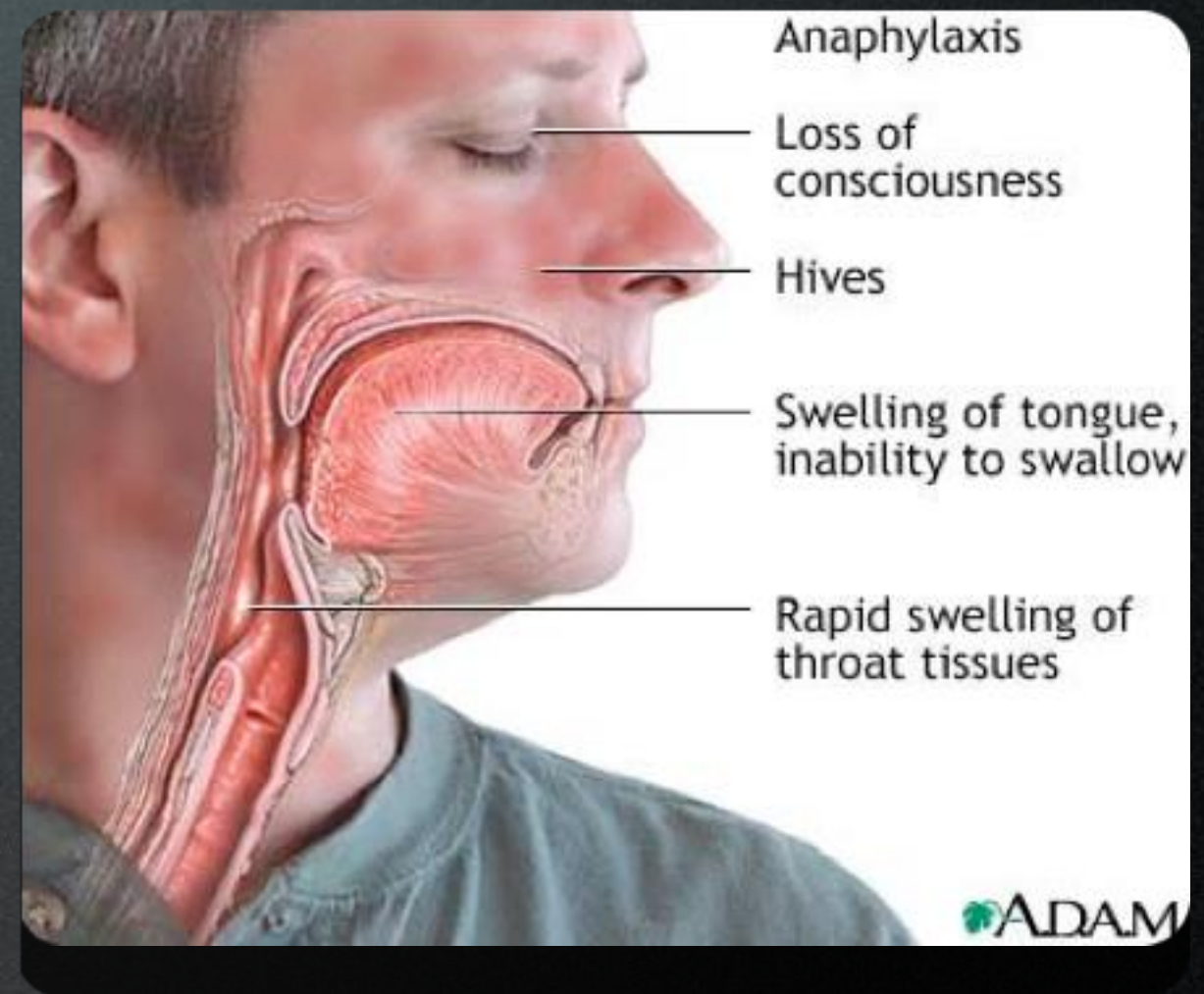
# Definitions

- **Allergy -**
  - A damaging immune response by the body to an innocent substance such as pet dander, grass seed and **certain foods**
- **Intolerance**
  - Differs from an allergy in how your body reacts. Often a result of a missing enzyme (ie-lactose), inappropriate immune response (ie-Gluten). Not immediately life threatening
- **Anaphylaxis -**
  - An acute allergic reaction to a substance in which a person has become hypersensitized. Immediately life threatening.



# Signs and Symptoms of Anaphylaxis

- Abdominal pain
- Nausea/vomiting
- Difficulty breathing and swallowing
- Confusion
- Cough
- Hives/swollen around the eyes





# Common Food Allergens

- Peanuts
- Tree nuts
- Milk
- Shellfish





# Common Tree Nuts



Almonds



Brazil Nuts



Chestnuts



Cashews



Hazelnuts



Pecans



Pine Nuts



Pistachios



Walnuts

## Foods That Often Contain Tree Nuts



Almond Butter



Almond Milk



Baked Goods



Bread



Crackers



Granola Bars



Candy



Nutella



Hummus



Pesto



Salad



Trail Mix



# Prevention of an allergic reaction

- The **most important** step in keeping kids safe
  - Identification and knowledge of which children are at risk
  - Monitor food intake
  - **Avoid cross contamination**
    - Washing hands, changing utensils, avoiding the allergen in the classroom



# Anaphylactic Management

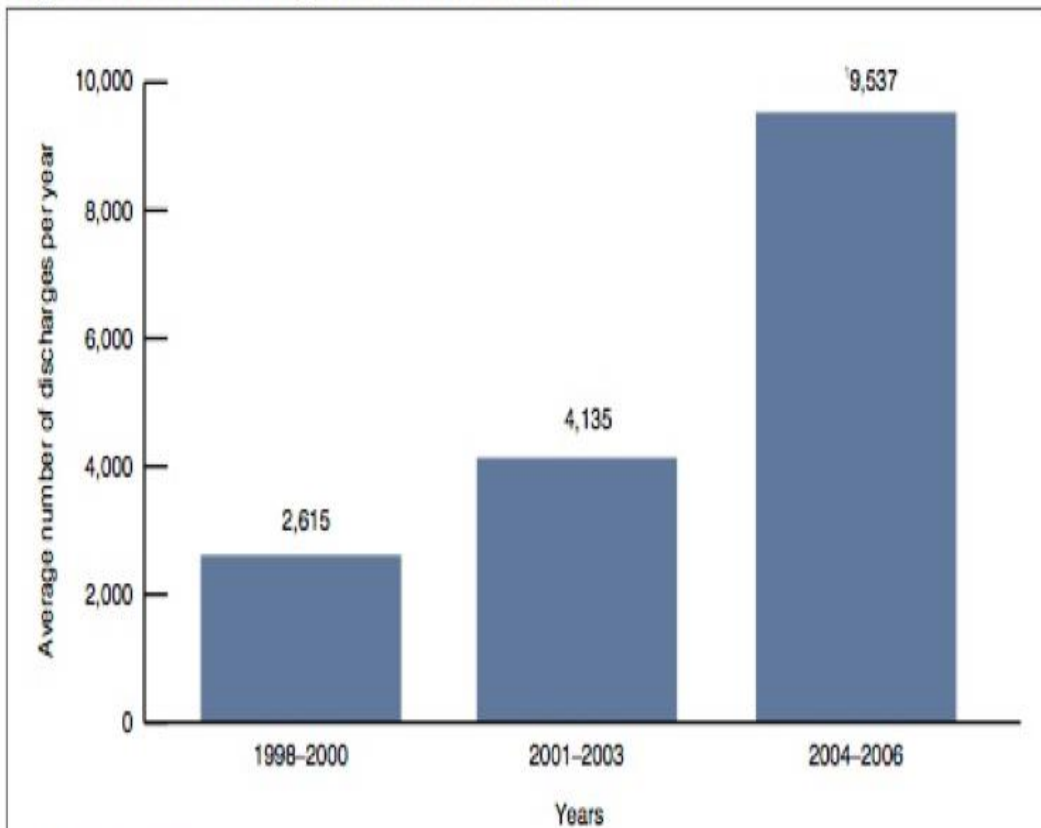
- **A rapid response is extremely critical**
- Can only take 1 – 3 minutes for a severe reaction to cause death
- Response **MUST** include use of an **Epinephrine Injector**
- **Call 911** - repeat reactions can occur
- A reaction can go from mild to severe at any moment





# Increasing Prevalence of Allergies

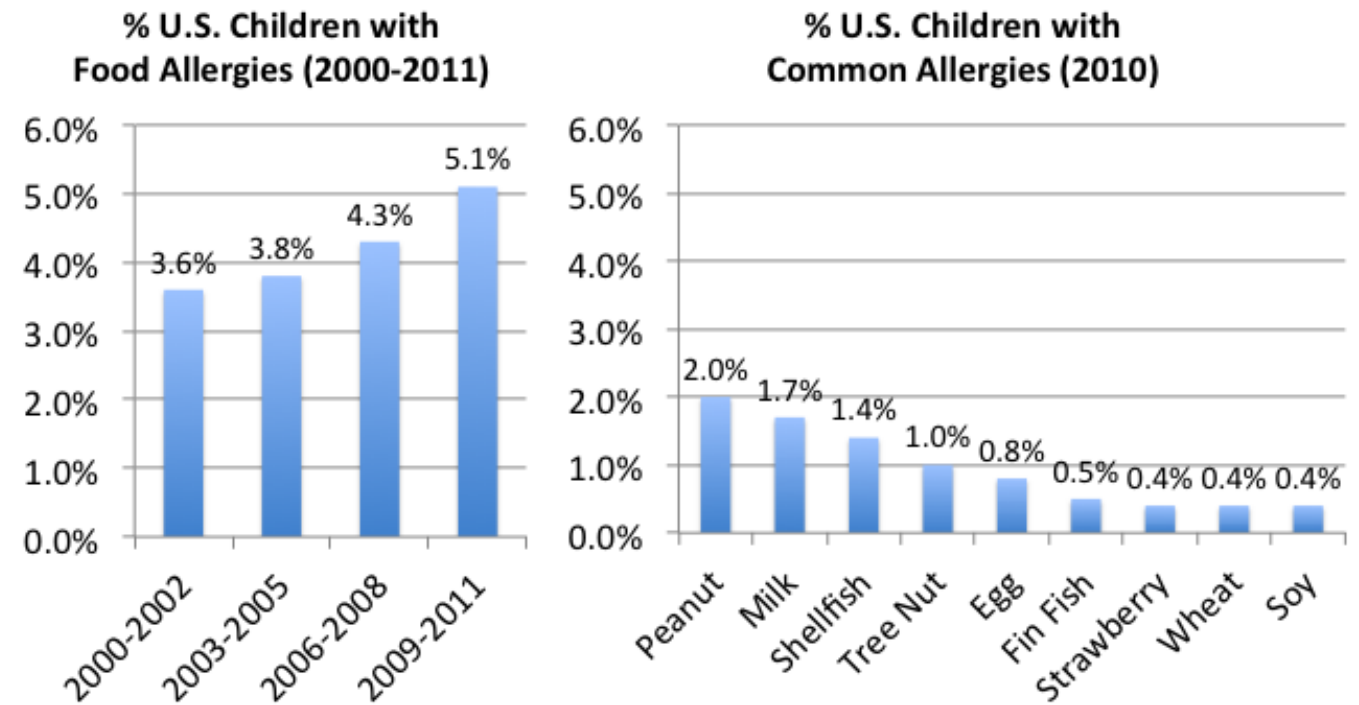
Figure 4. Average number of hospital discharges per year among children under age 18 years with any diagnosis related to food allergy: United States, 1998-2006



\*Statistically significant trend.  
SOURCE: CDC/NCHS, National Health Interview Survey.

## More U.S. Children Have Food Allergies

Prevalence of food allergies has been rapidly increasing



Sources: Centers for Disease Control and Prevention, American Academy of Pediatrics

130314A

Researchscape.com



# Ways You Can Help

- Do not pack allergens in your childrens' lunches & wash hands after consuming an allergen
- Do not bring treats into the classroom
- Try to make events non-food centric
- Educate your children on the severity of food allergies
- Be kind

ABOUT A THIRD OF  
KIDS WITH **FOOD  
ALLERGIES** REPORT  
THAT THEY'VE BEEN  
**BULLIED** BECAUSE  
OF THEM.

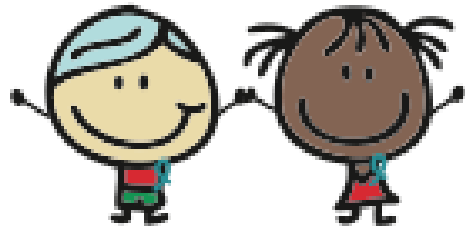
It's  
Not a  
Joke



# Alternatives to Nuts

- Sunbutter rather than peanut or almond butter
- Trail mix that uses sunflower seeds, pumpkin seeds and dried fruit
- Cheese and crackers
- Pasta with cheese and/or meat
- Sandwiches with deli meat or eggs or cheese on no-nut bread
- Seaweed and rice
- Leftover dinner in a thermos
- Cereal and a container of milk
- Pizza/Burritos/Hamburgers/hotdogs
- Veggies
- Fruit/cups of fruit/fruit leather/fruit snacks
- Chips/pretzels/crackers
  
- Other resources:
- <http://snacksafely.com/snacklist.pdf>
- <http://www.100daysofrealfood.com/2013/10/07/nut-free-school-lunch-ideas/>
- <http://school.familyeducation.com/slideshow/lunch/71131.html?page=1>
- <http://school.familyeducation.com/preparing-for-back-to-school/school-lunches/72626.html>
- <http://www.firstkidspreschool.org/images/peanut-freesnacks.pdf>





# Be a PAL to Friends with Food Allergies

**Did you know that 1 in 13 kids in the United States has a food allergy? That's about two kids in every classroom. For kids with food allergies, even a tiny amount of the food they are allergic to can make them very sick.**

The most common food allergies are to milk, egg, peanuts, tree nuts (like walnuts and almonds), soy, wheat, fish, and shellfish (like shrimp and crab). But a person can be allergic to any food!

Since food allergies affect so many kids, it is good to learn how you can Be a PAL to a friend with food allergies! Here's how:



## **Know that food allergies are very serious.**

It's hard to believe that foods you eat every day can hurt others, but it's true!

If someone with a food allergy eats something they are allergic to, they can get very sick and sometimes have to go to the hospital.

If a friend or classmate has a food allergy, don't tease, bully or make fun of them. Tell an adult right away if you see other kids picking on someone with a food allergy.



## **Don't share your food with friends who have food allergies.**

You can share jokes and laughs with your friends with food allergies, but don't share food. For kids with food allergies, sharing food can be very dangerous. So don't offer kids with food allergies anything from your lunch or snack. Why? Because it may have something in it that could make them very sick or hurt them.



## **Wash hands after eating.**

Washing your hands with soap and water after you eat is very important. It's a good way to clean off any food that is on your hands.



## **Help all of your friends and classmates have fun together!**

There are lots of ways to have fun without food! Listening to music, playing board or video games, making crafts, going for a bike ride, and playing sports are just some of the cool things you can do together. This way, everyone stays safe and has fun!



## **If a friend with food allergies feels sick, get help right away!**

If your friend feels sick or thinks they may have eaten something they are allergic to, tell an adult right away or dial 911! They will make sure your friend gets help and gets the medicine they need to feel better.

**Save this handout so you won't forget how to Be A PAL,  
and Protect A Life From Food Allergies!**







# Food Allergy Tips for PTA Leaders



*Let's help "make every child's potential a reality by engaging and empowering families and communities to advocate for all children."*

## School Community

PTAs often serve as the glue that binds the school community together. As a PTA leader, you play a critical role in creating an atmosphere of acceptance and inclusivity for all students. Children with food allergies can have life-threatening reactions (anaphylaxis) with exposures to even tiny amounts of allergen. All food allergies need to be taken seriously. Strict avoidance of food allergens is the only way to prevent a reaction. Epinephrine auto-injectors are the first line treatment for a severe allergic reaction. Someone must be able to recognize and treat anaphylaxis when caring for a child with a food allergy.

Kids with food allergies need to do certain things to stay safe. Sometimes the constant need to avoid allergens and be prepared for an allergic reaction can set these members of our school communities apart from their peers. Unfortunately, students with food allergies are sometimes excluded from activities or experiences and sometimes the subject of bullying, teasing or harassment.

### FOOD ALLERGY FACTS

- 1 in 13 children in America has a food allergy (2 children in every classroom)
- Food allergies can be life-threatening and need to be taken seriously
- Strict avoidance of the food allergen is the only way to prevent a reaction
- Children can be allergic to any food, but 90% of children are allergic to one or more of the following foods: milk, egg, peanut, tree nut, fish, shellfish, wheat and soy
- 35% of children with food allergies have been bullied due to their allergy
- Outside foods are a common cause of allergic reactions in the classroom

## Planning Events: Consider Non-Food Options

With food allergies on the rise, your PTA can make a huge difference to help ensure that all students in your community can safely participate.

### Consider putting each event/activity through a 3-point checklist:

1. What is the goal of the event/activity?
2. Can this goal be achieved without food? (If so, eliminate it.)
3. If not, how can we choose foods that will allow everyone in our school community to fully & safely participate? (The answer to this will vary based on the specific needs of your school community. Check out some simple tips at right!)

For more information see [Schools.AllergyHome.org](http://Schools.AllergyHome.org) and [PTA.org](http://PTA.org)

## Tips to Make PTA Events Safe & Inclusive

- Avoid using food when possible.
- If not possible to eliminate all food, choose activities and foods that allow all children to safely participate.
- Engage parents of children with food allergies in PTA event planning process. They are a valuable resource!
- Use individually wrapped and labeled foods at event. This helps prevent cross-contact and allows parents to read labels to ensure child safety.
- Do not serve food to any child without parent knowledge and consent.
- If food is served, try to keep it isolated to one area and encourage hand washing afterward.
- Provide means for children to wash their hands, as necessary. (Commercial wipes okay. Hand sanitizer not sufficient.)
- Invite parents of children with food allergies to attend events and monitor their child.
- Be aware that some non-food items, such as craft supplies, may contain allergens.
- Adult attitudes can have significant impact on how children with food allergies are treated.

**Make it a priority to create a caring environment!**

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Thank you!