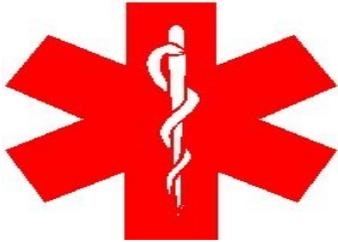


ANAPHYLAXIS



WHAT IS ANAPHYLAXIS?

Anaphylaxis is a serious allergic reaction that is rapid in onset and may cause death. Causes of anaphylaxis include food, insect stings, latex, and medications.

Each year anaphylaxis caused by food results in 50,000 emergency room visits and 150 deaths in the United States. Individuals with food allergies plus asthma are at the greatest risk for a life-threatening reaction.

HOW TO RESPOND TO AN ALLERGIC ATTACK:

Get Help IMMEDIATELY and call 911 if necessary. Do not leave the student alone while doing so.

Obtain use of an epinephrine shot if one is available and necessary. Parents of afflicted students should keep one with the school nurse.

Prompt administration of epinephrine (adrenaline) is key to surviving anaphylaxis. Fatalities have resulted from delay/failure to administer one promptly.

FOR MORE INFORMATION
VISIT THESE SITES:



The Food Allergy & Anaphylaxis Network

1-800-929-4040

WWW.FOODALLERGY.ORG

WWW.KIDSHEALTH.ORG

WWW.AAFA.ORG

WWW.GLUTEN.NET

Students with diagnosed allergies must have a plan on file in the school's health office.

Consult with your doctor if you suspect you have a food allergy to personalize your allergy plan.

SCHOOL TOWN OF MUNSTER
FOOD

ALLERGIES IN
CHILDREN:
BUILDING
AWARENESS





MAY 13-19, 2013

FOOD ALLERGY FACTS AND DEFINITIONS

***Food Allergy:** Occurs when the immune system targets a harmless food protein as a threat and attacks it

*There is a difference between a food allergy and a food intolerance. An intolerance does not involve the body's immune system where an allergy does.

***Anaphylaxis:** a serious allergic reaction that occurs quickly and may result in death if a person is exposed to an allergen.

*Signs of an allergic reaction include trouble breathing, swallowing, coughing, nausea, vomiting, abdominal cramps, swelling, hives, rashes, loss of consciousness, decreased blood pressure.

***Epinephrine:** Also known as adrenaline, helps reduce severe allergic reactions by relaxing the muscles in the airways and around the blood vessels.

* The Food Allergen Labeling and Consumer Protection Act of 2004 requires companies to disclose if a product contains a major food allergen.

DID YOU KNOW???

*Approximately 8%, or 6 million of U.S. Children have food allergies.¹ There is NO cure.

*Nearly 40% of these children have a history of severe allergic reactions like anaphylaxis, which can be life-threatening.²

*A recent study of parents whose children have food allergies found that they believe there isn't enough public awareness of allergies in schools and restaurants.³

*Bullying affects one in three kids with food allergies. It not only causes higher levels of stress for afflicted children, but could potentially risk a child's life if they are taunted with the food they are allergic to.⁴

*People can be allergic to almost any food, but 90% of food allergy reactions are caused by eight foods:¹ **milk, peanuts, eggs, tree nuts, soy, fish, wheat, and shellfish.**



WHAT CAN WE DO?

STUDENTS

*Do not make jokes about a friend with a food allergy. Educate other students to prevent bullying.

*Don't share food with students who have food allergies.

*Wash your hands after eating.

*Get help for a friend if they become ill.

PARENTS

*Provide properly labeled medications to the school and replace after use or when expired. Keep school properly informed.

*Educate your child on what he can and cannot eat.

SCHOOLS AND TEACHERS

*Train staff members about proper and immediate actions in response to an allergic reaction to food.

*Keep counteractive supplies in accessible locations for staff.

*Discourage students from bullying students who are afflicted.

*Provide an allergy free table for students with allergies.

*Raise awareness about food allergies.

1. WWW.FOODALLERGY.ORG

3. WWW>PEANUTALLERGY.COM

2. WWW.AAAAI.ORG

4. WWW>CBSNEWS.COM