

Teens Talk: Food Allergy Teacher's Guide

What is a food allergy?

A food-allergic reaction happens when our body's immune system, which normally defends us against disease, mistakes a certain food as an invader and attacks it

What are the top 8 food allergens?



What are common allergic reaction symptoms?

Mouth & Throat: Itching, Swelling of lips and/or tongue, Tightness/closure of throat, Coughing

Skin: Itching, Hives, Redness, Swelling

Cardiovascular: Dizziness, Fainting, Rapid weak pulse, Drop in blood pressure

Stomach: Vomiting, Nausea, Stomach pain

Respiratory: Trouble breathing, Wheezing, Coughing

What are some common medications?

Epinephrine Auto-Injectors:

- EpiPen®, EpiPen Jr.®
- Adrenaclick® (generic), Adrenaclick Jr.®(generic)

**Jr's: 0.15mg for children who weigh 15-30kg (33-66 pounds)

**Non-Jr's: 0.3mg for individuals who weigh ≥30kg (≥66 pounds)

Antihistamines: Benadryl®, Zyrtec®, Claritin®, Allegra®

Albuterols: Alupent®, Proventil®, Ventolin®



Epinephrine Auto-Injector Examples

To use an Epinephrine Auto-Injector:

1. Pull off safety cap
2. Firmly press into outer thigh until it clicks and hold for 3 seconds
3. Call 9-1-1 immediately

* Can be given through clothing

* Needle will not be seen

What is anaphylaxis?

- Definition: a severe, potentially life-threatening allergic reaction that is rapid in onset and usually affects at least two body systems (please see above).
- Signs and symptoms: rapid weak pulse, a skin rash, nausea and vomiting, and a feeling of impending doom
- Medications: Use an epinephrine auto-injector and seek medical attention right away

Kids Talk: Food Allergy Teacher's Guide

What is cross-contact (cross-contamination)?

Cross-contact happens when one food comes into contact with another food and their proteins mix. As a result, each food then contains small amounts of the other food. For example, cross-contact can happen when the same knife or spoon touches multiple foods without washing it in between.

Food Allergens are not always easy to see in a food, which is why it is important to always read food labels and double-check ingredients before eating foods.

By law, food labels do not have to list allergens that are not direct ingredients in the food, even if they may have touched an allergen during production. However, many producers choose to label for possible allergen contaminations.

What are common food allergy labels?

- May Contain:
- Contains:
- Manufactured on Equipment that Processes:
- Allergy Advice:
- Manufactured in a Plant that Processes:
- Ingredients listed in **Bold** are also allergens

What are 3 things to do if someone is having a reaction?

1. Get help; tell an adult and call 9-1-1 if needed
2. Stay with your friend and watch for symptoms
3. Give medications if needed

What are ways to support someone with food allergy?

1. Know that food allergies are serious
2. Don't share your food with friends who have food allergies
3. Help educate others who don't know about allergies and stand up for your friends against allergy bullies!
4. Have fun! Food allergies do not stop someone from participating in, and being GREAT at, sports and the same activities as someone without allergies, as long as things are done safely. If you think your friend with food allergies is being left out, talk to your friend and those around you to help find out how to safely include them.

