

FOOD ALLERGIES

React with Respect



Some kids can get very sick when they eat certain foods. This is called a food allergy. If someone tells you they have a food allergy, you should *react with respect*.

How do you respect food allergies?

Know that
food allergies
are very
serious

Wash your
hands
after eating

Don't share
your food
with friends
who have
allergies

Get help
right away if
a friend gets
sick

Show
kindness



• REACT WITH RESPECT •
**FOOD ALLERGY
AWARENESS WEEK**
MAY 8-MAY 14, 2016



FARE

Food Allergy Research & Education

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Learn more at
foodallergy.org



• REACT WITH RESPECT •

FOOD ALLERGY AWARENESS WEEK

MAY 8–MAY 14, 2016

Every May, FARE hosts a nationwide Food Allergy Awareness Week to shine a spotlight on the seriousness of food allergies and to improve public understanding of this potentially life-threatening medical condition. By increasing awareness, we can encourage respect, promote safety, and improve the quality of life of all those affected by food allergies and anaphylaxis.

Here are some facts you may not know about food allergies:

- Food allergies can be life-threatening and are a serious and growing public health problem.
- They affect up to **15 million Americans**, including nearly 6 million children – roughly **two in every classroom**.
- Nearly **40 percent** of these children have already experienced a severe or life-threatening reaction. In addition, more than **30 percent** of these children have multiple food allergies.
- The number of children with food allergies in the U.S. increased **50 percent** between 1997 and 2011, but there is no clear answer as to why.
- A reaction to food can range from a mild response (such as an itchy mouth) to **anaphylaxis**, a severe and potentially deadly reaction. **Every three minutes**, a food allergy reaction sends someone to the emergency room in the U.S.
- About a third of kids with food allergies report that they have been bullied specifically because of their allergies.

There are many ways you can make a difference in the lives of those living with food allergies:

- Learn more about food allergies and anaphylaxis by going to www.foodallergy.org.
- Get involved with events and fundraisers to help fund food allergy research, awareness, advocacy and education efforts. Learn more at <http://www.foodallergy.org/get-involved>.
- Support friends and loved ones with food allergies by asking how you can help!

Food Allergy Awareness

What are food allergies?

Who has food allergies?

How can you help people with food allergies?

Food Allergy Research & Education
(FARE)





Food allergies are serious, and they affect kids just like you.

- 1 in 13 kids has a food allergy. That's two kids in every classroom!





What is a food allergy?

- Some people's bodies think that certain foods are harmful, even if other people can eat them every day.
- If a person eats a food they're allergic to, they can get very sick. This is called an "allergic reaction."
- There is medicine that can stop the allergic reaction and make them feel better.



What foods cause allergic reactions?

People can be allergic to almost any food,
but most food allergy reactions are caused by 8 foods:

1. Peanuts
2. Tree Nuts
3. Eggs
4. Milk
5. Wheat
6. Fish
7. Soy
8. Shellfish
(crab, lobster)

Can doctors cure food allergies?

- There is no cure for food allergies.
- The only way to keep from having an allergic reaction is to stay away from the food you are allergic to.



What would happen if my friend eats a food they are allergic to?

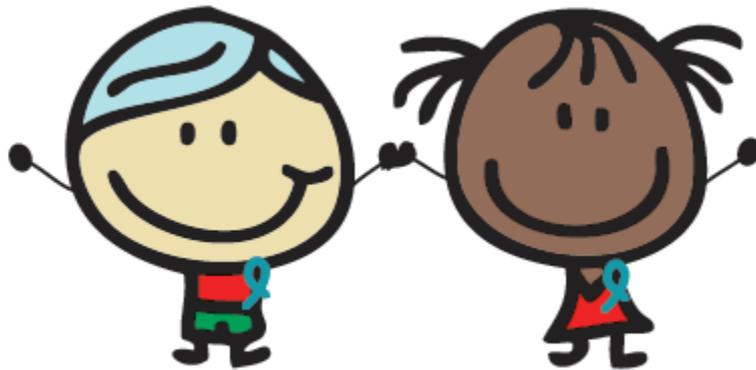
- Some reactions can be more serious than others. Your friend could get very sick right away, even from just a tiny bit of a food he is allergic to.
- He would need his medicine very quickly and may need to go to the hospital.





How can I be a good friend to someone with food allergies?

Be a PAL: Protect a Life From Food Allergies



Stephen is allergic to milk. Olivia is Stephen's PAL.

What does it mean to Be a PAL?

1. Know that food allergies are very serious.
2. Don't share food with friends who have food allergies.
3. Wash hands after eating.
4. Help all of your friends and classmates have fun together!
5. If a friend with food allergies feels sick, get help right away!

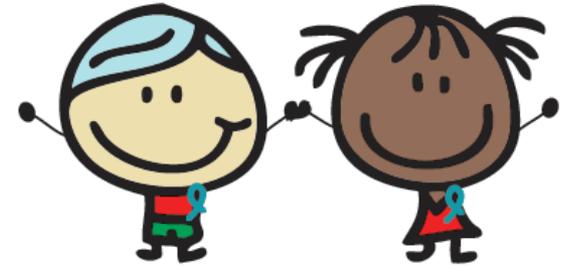




What Would You Do?

- Your friend, Stephen, has a food allergy.
- As you and Stephen walk out of the cafeteria, he says his stomach hurts.
- You ask him to play with you at recess, but he says he wants to lie down.
- He says it feels like there is something stuck in his throat.

A PAL would...



- **Get an adult right away or dial 911!**



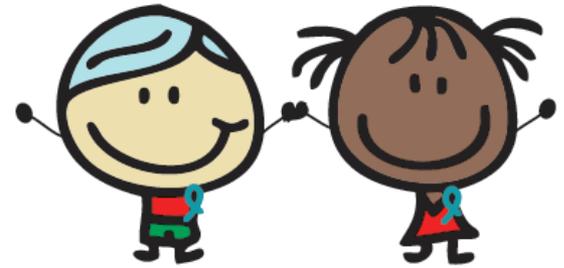


What Would You Do?

- You and Stephen are playing with another friend, Max.
- Max offers Stephen a cookie from his backpack.
- Stephen says “No thank you, I have a food allergy.”
- Max says, “Come on and have some, it’s probably OK.”

A PAL would...

- Tell Max that even one bite of the wrong food could make Stephen sick.
- Wait to have snacks until later, or ask an adult to help find Stephen a snack that is safe for him.

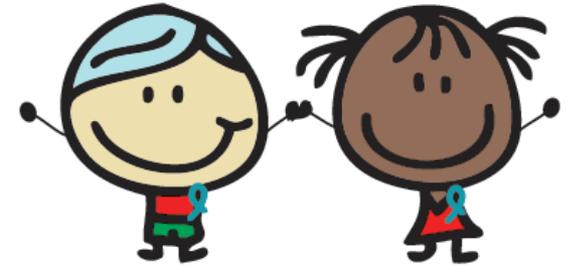


What would you do?

- Two kids in your class are allergic to milk and peanuts.
- Before school, you ate peanut butter toast and drank a glass of milk.



A PAL would...



Wash your hands and face with soap and water before leaving for school.





Learn More and Get Involved!

www.foodallergy.org/kids