

# Food Allergy Treatments



- ◇ Avoid the food in the future
- ◇ Ask restaurants and cafeterias what ingredients are in the food.
- ◇ Read all labels and understand foods may be processed in a factory with "allergen" food.
- ◇ Avoid food-sharing.
- ◇ Be prepared for any emergencies—at home, at school or work, on field trips, during vacations.
- ◇ Carry prescribed injectible epinephrine to treat anaphylactic reactions.

## ADDITIONAL RESOURCES:

- ◇ Accommodating Children with Special Dietary Needs [www.fns.usda.gov/cnd/Guidance](http://www.fns.usda.gov/cnd/Guidance)
- ◇ American Academy of Allergy, Asthma, and Immunology [www.aaaai.org](http://www.aaaai.org)
- ◇ American Academy of Pediatrics [www.aap.org](http://www.aap.org)
- ◇ Food Allergy Anaphylaxis Network [www.foodallergy.org](http://www.foodallergy.org)
- ◇ Food Allergy Initiative [www.FoodAllergyInitiative.org](http://www.FoodAllergyInitiative.org)
- ◇ National Institute of Allergy and Infectious Diseases [www.niaid.nih.gov](http://www.niaid.nih.gov)
- ◇ The Food Allergy Network [www.foodallergy.org](http://www.foodallergy.org)

### References:

American Academy of Allergy, Asthma, and Immunology  
Midwest Allergy and Asthma Clinic  
Missouri Department of Health and Senior Services 2010  
U.S. Department of Health and Human Services



# FOOD ALLERGIES

## What you should know

Millions of Americans suffer from a type of allergic disease—with food allergy numbers continuing to rise. Food allergies are an immune response between small proteins in foods and sensitized cells in the gastrointestinal tract.

Food allergies often start in children, but can affect people of any age. Some allergies may be outgrown like milk and egg, but others tend to continue into adulthood, like peanut and shellfish.

When treating allergies, individuals should be tested to be clear on the specific cause of symptoms. Avoiding the offending food and checking labels and restaurant is another way to avoid reactions. The EpiPen is a device containing epinephrine that should be given during a severe allergic reaction—then seek medical attention immediately.



# The Usual Food Suspects....

THESE EIGHT FOODS ACCOUNT FOR 90% OF ALL FOOD ALLERGIES:

**Peanuts**

**Tree Nuts**

(pecans, almonds, walnuts, pistachio, nuts, cashews, hazelnuts, Brazil nuts)

**Fish**

**Shellfish**

**Milk**

**Eggs**

**Soy** (rarely cause anaphylaxis)

**Wheat** (rarely cause anaphylaxis)



# What is Anaphylaxis?

Anaphylaxis can include a variety of symptoms—occurring in many combinations. Some symptoms are not life threatening. The most severe restrict breathing and blood circulation. Many parts of the body can be affected:

Skin	Nose	Mouth	Throat	Chest	Heart	GI Tract	Nervous System
Itching	Sneezing	Itching	Itching	Shortness of breath	Weak pulse	Vomiting	Dizziness
Hives	Stuffy nose		Tightness	Cough	Passing out	Diarrhea	
Redness	Runny nose	Swelling of lips or tongue	Difficulty swallowing	Wheeze	Shock	Cramps	Fainting
Swelling			Hoarseness	Chest pain			
				Tightness			

# Life-Threatening Symptoms of a Food Allergy:

## RESPIRATORY

- ◇ Shortness of breath
- ◇ Tightness in the chest
- ◇ Difficulty swallowing
- ◇ Itching of the tongue, throat
- ◇ Swelling of the tongue, throat

## CARDIOVASCULAR

- ◇ Shock
- ◇ Drop in blood pressure
- ◇ Fainting
- ◇ Cyanosis (bluish circle around lips and mouth)

**Call the Emergency Medical Service (EMS) or 9-1-1 immediately if any of these symptoms are present**

# Emergency Protocol



- ◇ **Call 9-1-1 immediately.**
- ◇ Summon school nurse if available. If not, summon designated trained, non-medical staff to implement emergency protocol.
- ◇ Check airway patency, breathing, respiratory rate, and pulse
- ◇ Administer medications (EpiPen and albuterol) **per standing order.**
- ◇ Determine cause as quickly as possible.
- ◇ Monitor vital signs (pulse, respirations, etc).
- ◇ Contact parents immediately.
- ◇ Any individual treated for symptoms with epinephrine at school should be transferred to a medical facility.