

No one knows exactly why, but more and more kids are becoming severely allergic to certain foods. Especially peanuts, nuts, milk, egg, soy, fish and shellfish.

Sometimes, if they eat, touch or even breathe a tiny amount of the food they're allergic to, they can become very ill...even die!

That's why food-allergic kids need all of us to help keep them safe. And if you do a real good job, you could become a PAL Hero and receive a special certificate from your school!

Here are some of the ways you can Be A PAL

Be a PAL Hero!

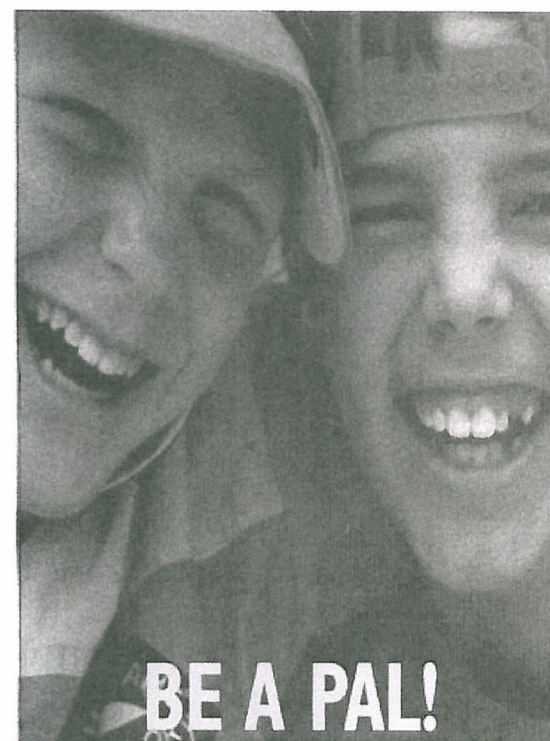
A PAL Hero is someone whose actions help prevent a serious allergic reaction, or even save a life. Your school and The Food Allergy Network will be honoring PAL Heroes with special recognition and award certificates. Someday it might be *you!*

Just looking out for our food allergic friends, however, makes us all heroes. Save this booklet so you won't forget how to be a PAL...and **Protect A Life** from food allergies!



**Protect A Life
From Food Allergies**

For more information about food allergies, contact
The Food Allergy Network
10400 Eaton Place, Suite 107, Fairfax, VA 22030-2208
800-929-4040 www.FanKids.org



BE A PAL!
Protect A Life
from Food Allergies

How You Can Be A PAL To Your Food Allergic Schoolmates.

1 Never take food allergies lightly.

It's hard to believe that foods most of us eat and enjoy every day can be harmful to others. But it's true! So if you learn that a schoolmate has a food allergy, take it *very seriously*.

That means not joking about it, or teasing food-allergic kids. And never try to trick someone into eating food they're allergic to!

Most of all, try to understand that food-allergic people need your help to prevent serious allergic reactions.

2 Don't share your food with food-allergic friends.

Kids love to share or trade food with each other. But for those with food allergies, that can be very dangerous. Never offer food-allergic kids anything from your lunch or snack. Why? Because it may contain an ingredient that's harmful to them. Even if you think the food is safe, it's still not worth taking the chance.

3 Wash hands after eating.

This is very important, since just a small amount of food on your hands can contaminate desks, books, playground equipment, and many other things. And if someone who is allergic touches these things, they can have a reaction. The best way to prevent this is simply to wash your hands after eating. You'll probably get fewer colds, too!

4 Ask what your friends are allergic to and help them avoid it.

Learning what someone is allergic to is easy. (Just ask them!) Finding out if foods are safe to eat is another story. Even foods that have ingredient labels can be tricky, since food

manufacturers sometimes use scientific names instead of everyday ones. (For example, did you know that casein is milk, or that hydrolyzed vegetable protein may contain peanuts?)

So always remind food-allergic schoolmates to carefully check the ingredients of foods not brought in from home. If there's any question about a food, tell them not to eat it. Doing without a snack or treat is far better than a trip to the hospital!

Here are some other ways you can help:

- Ask your parents to avoid making lunches or snacks that contain foods your friend is allergic to. When this is not possible, it's best not to eat at the same table.
- For school birthday parties and celebrations, remind parents and teachers to celebrate with nonfood treats and activities, like games, stickers, songs, and prizes. They're just as fun—maybe even more so—and everyone will be safe.

5 If an allergic schoolmate becomes ill, get help immediately!

How do you know when someone is having an allergic reaction? Here are some of the symptoms:

- Vomiting
- Swelling of the face and lips
- Difficulty breathing
- Coughing, sneezing and watery eyes
- Skin that's bumpy, red and itchy

If an allergic schoolmate is showing these signs, inform the teacher, school nurse or person in charge *immediately*. Tell them it might be an allergic reaction. Your quickness can help save a life!

Remember, an allergic reaction can happen anytime, anywhere, even several minutes after eating. So always be on the alert.