



Be a PAL (Protect A Life) Food Allergy Awareness

What are food allergies?
Who has food allergies?
How can you help people with
food allergies?

**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 in the United
States!**



- 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.



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 they are allergic to.
- They would need their medicine very quickly and may need to go to the hospital.





Learn how
to
Be a PAL
(Protect A Life)
to Friends with
Food Allergies

What can you do to Be a PAL?

1. Know that food allergies are very serious and can cause death.
2. Don't share food with friends who have food allergies.
3. Wash hands after eating.
4. If a friend with food allergies feels or looks 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 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 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.