



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 very serious, affecting **33 million Americans.**

1 in 13 kids has a food allergy.

That's **two kids** in every classroom!



What is a food allergy?

- The immune systems in some people's bodies act as if 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 dangerous symptoms.



What foods cause allergic reactions?



milk



egg



wheat



fish



shellfish



peanuts



tree nuts



soy



sesame

9 MAJOR PROTEINS
that trigger **allergic reaction**

Food allergies can cause death

- Anaphylaxis is a severe allergic reaction that usually comes on quickly and may cause death
- A food allergy reaction sends someone to the emergency room every 10 seconds
- Even if past reactions were mild, future reactions can be severe – so it is important to be prepared with their emergency medicine



Almost **50%** of children
with food allergies
have required
treatment at the
emergency room for
their symptoms.

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.



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.



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

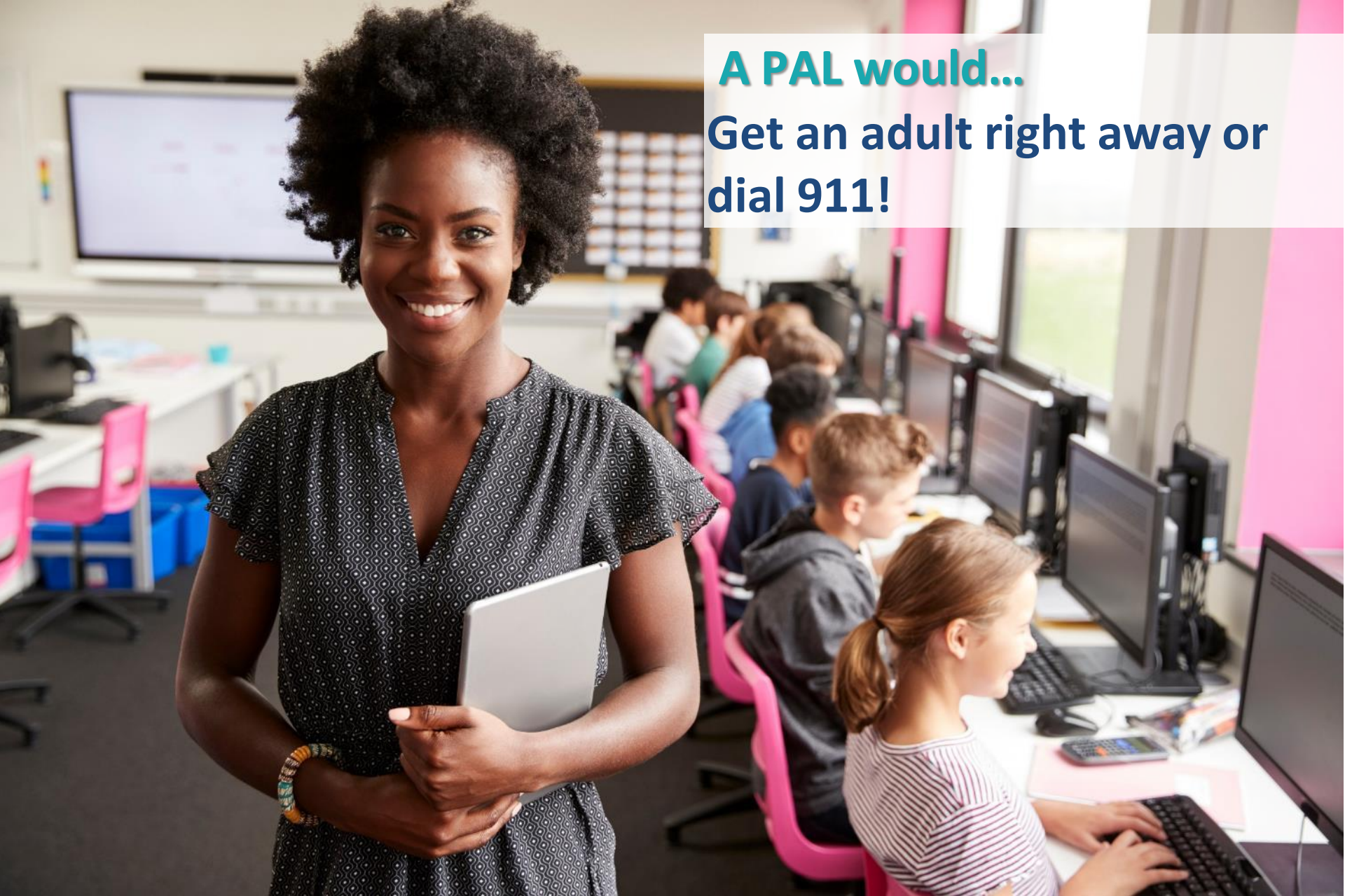
What can you do to Be a PAL?

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 work with you on a project, 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 hanging out with another friend, Max.
- Max offers Stephen a chocolate chip 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.

TEENS

Learn more and get involved:

www.foodallergy.org/teens