

# **Food Allergies**

**Never take a food allergy lightly!**

Did you know that 32 million Americans have some sort of food allergy? And of that 32 million, 5.6 million are children under the age of 18. That's roughly 2 in every classroom!

The most common food allergy triggers in children are:

Peanuts & Tree Nuts  
Cow's Milk  
Eggs  
Fish and Shellfish  
Soy  
Wheat

It's important to **ALWAYS** communicate to your child's pediatrician **AND** school nurse if you suspect a food allergy.

Food Allergy Symptoms can develop anywhere between a few minutes up to an hour after eating the food. Symptoms can include but are not limited to:

Wheezing  
Swelling to lips, face and/or tongue  
Itching of the ears or around the mouth  
Vomiting/Nausea  
Cough  
Congestion  
Dizziness/lightheadedness  
Sneezing  
Stomach pain  
Diarrhea  
Red, itchy rash or bumps to skin (hives)

Smaller children sometimes have a hard time expressing their symptoms. They may tell you that their "tongue feels big" or "my mouth itches" or they "feel weird".

Some Allergic reactions can be helped with a dose of Benadryl but others can be as severe as Anaphylaxis. Either reaction should be taken with the utmost importance.

### Signs of Anaphylaxis

Weak Pulse  
Chest Pain  
Trouble swallowing  
Turning Blue  
Shortness of Breath  
Wheezing  
Swelling of the tongue, lips and throat  
Confusion  
Fainting

**If you notice any of the above call 911 right away!**

Check with your pediatrician for more info on allergy testing and a plan of action should your child have an allergy.