

Food Allergy Awareness Training

For Parent Volunteers

Severe allergic reactions to food can happen at any time. Symptom onset can be rapid, and the severity of symptoms can change quickly. **Failure to treat anaphylaxis within minutes is a risk factor for fatalities.**



KNOW THE SIGNS



Respiratory System:

- Sneezing, watery eyes
- Nose: runny, stuffy or itchy
- Repetitive cough, wheezing, difficulty breathing, shortness of breath
- Throat: hoarse, tight, itchy
- Obstructive swelling of lips or tongue

Digestive System:

- Nausea or vomiting
- Diarrhea
- Abdominal cramps
- Itching, swelling or tingling in the lips, mouth or throat

Skin:

- Itching
- Hives
- Swelling of the mouth, eyes, face, arms or legs
- Redness, itchy rash

General and Cardiovascular:

- Panic
- Sudden fatigue
- Chills
- Sense of impending doom
- Metallic taste in the mouth
- Pale, blue, faint, dizzy, confused, weak pulse



KNOW WHAT TO DO



- ✓ Stay with the student
- ✓ Alert a school employee **IMMEDIATELY**

Because **20-25% of anaphylactic reactions** in schools happen to students **without** a previously-diagnosed food allergy, always err on the side of caution and alert a school employee immediately if you notice **any** student with one or more of these symptoms.

Thank you for your vigilance in keeping our children safe, happy and healthy!