

Guide for your son's Teacher



No Allergies on the Table



Open Letter

Dear teacher of my child:

I'm not paranoid! I swear I'm not ...

Actually, I wanted, when he has spots on the skin, cough or rash, to think that it is just and only that. And not list in my head everything he ate, where he walked and how he may have been contaminated. To me make sure that isn't an ALLERGIC REACTION.

Yeah that's right, my son has FOOD ALLERGIES.

Honestly, I'm afraid when he leaves home to go to school. I cannot close him at home (as I want).

I can be assertive when I speak, I can go check your classroom, I can do a thousand times the same questions ... But you know, is my son's life who is in your hands!

And to be relax I need to trust you.

I don't want that you treat him differently, that you have afraid our put him away. I want you to understand OUR WORLD so you can deal with him in the same way you deal with the colleagues.

I don't want him sitting in the chair watching his friends playing and discovering new things. I want him to have a normal and happy childhood. You now, is not his fault that he's ALLERGIC.

So I need you to understand me and read this GUIDE. Above all I need you to understand me!

I want you to know that this is not our choice, it is not fashion or a crazy diet that we invented. It's a clinical problem that can kill!

So, I'm counting on you!

Best regards

The Mother





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Food Allergies

➤ What is it?

The job of the body's immune system is to identify and destroy germs (such as bacteria or viruses) that make you sick. A food allergy results when the immune system mistakenly targets a harmless food protein - an allergen - as a threat and attacks it.. Some people have allergies to more than one different food groups, less frequent situation, which is referred to as multiple food allergies.

➤ Symptoms

An allergic reaction to food can affect the skin, the gastrointestinal tract, the respiratory tract, and, in the most serious cases, the cardiovascular system. Reactions can range from mild to severe, including the potentially life-threatening condition known as anaphylaxis. Symptoms typically appear within minutes to several hours after eating the food to which you are allergic. Keep in mind that children may communicate their symptoms in a different manner than adults

Must big Allergens

While only eight foods (milk, egg, peanut, tree nuts, fish, shellfish, wheat, and soy) account for approximately 90 percent of all food-allergic reactions, a person can be allergic to virtually any food.

Food Allergies vs. Food Intolerances

Unlike other types of food disorders, such as intolerances, food allergies are “IgE mediated.” This means that your immune system produces abnormally large amounts of an antibody called immunoglobulin E – IgE for short. IgE antibodies fight the “enemy” food allergens by releasing histamine and other chemicals, which trigger the symptoms of an allergic reaction.



Figure 1: The “Big Eight” Allergens: Tree Nuts, Peanuts, Soy, Egg, Milk, Fish, Wheat and Shellfish.

Symptoms

Mild symptoms

- Hives (reddish, swollen, itchy areas on the skin)
- Eczema (a persistent dry, itchy rash)
- Redness of the skin or around the eyes
- Itchy mouth or ear canal
- Nausea or vomiting
- Diarrhea
- Stomach pain
- Nasal congestion or a runny nose
- Sneezing
- Slight, dry cough
- Odd taste in mouth
- Uterine contractions

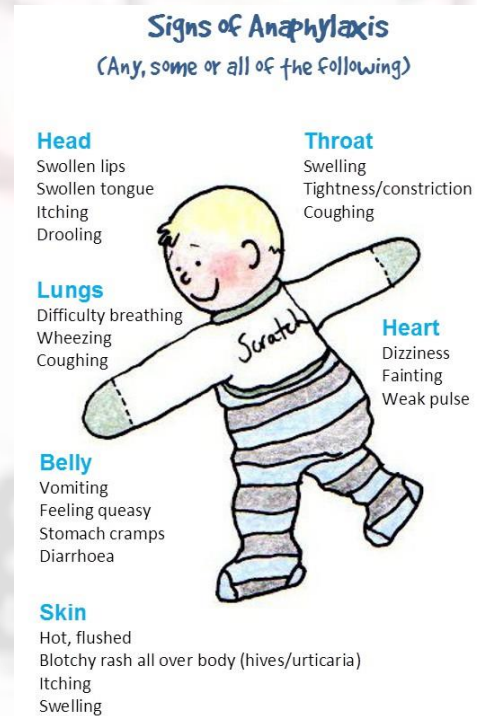
Severe symptoms

- Obstructive swelling of the lips, tongue, and/or throat
- Trouble swallowing
- Shortness of breath or wheezing
- Turning blue
- Drop in blood pressure (feeling faint, confused, weak, passing out)
- Loss of consciousness
- Chest pain
- A weak or “thread” pulse
- Sense of “impending doom”

Anaphylaxis

- ▶ Anaphylaxis is a serious allergic reaction that is rapid in onset and may cause death. It typically causes more than one of the following: an itchy rash, throat or tongue swelling, shortness of breath, vomiting, lightheadedness, and low blood pressure. These symptoms typically come on over minutes to hours

Signs
&
Symptoms



What to do?

Follow the
emergency Plan

Give the injection
of EpiPen

Call 911

How to Give EpiPen



How to give EpiPen®

(with blue safety release and orange needle end)

1. Form fist around EpiPen® and pull off BLUE SAFETY RELEASE.

2. Place ORANGE end against outer mid-thigh (with or without clothing).

3. PUSH DOWN HARD until a click is heard or felt and hold in place for 10 seconds

REMOVE EpiPen®. Massage injection site for 10 seconds



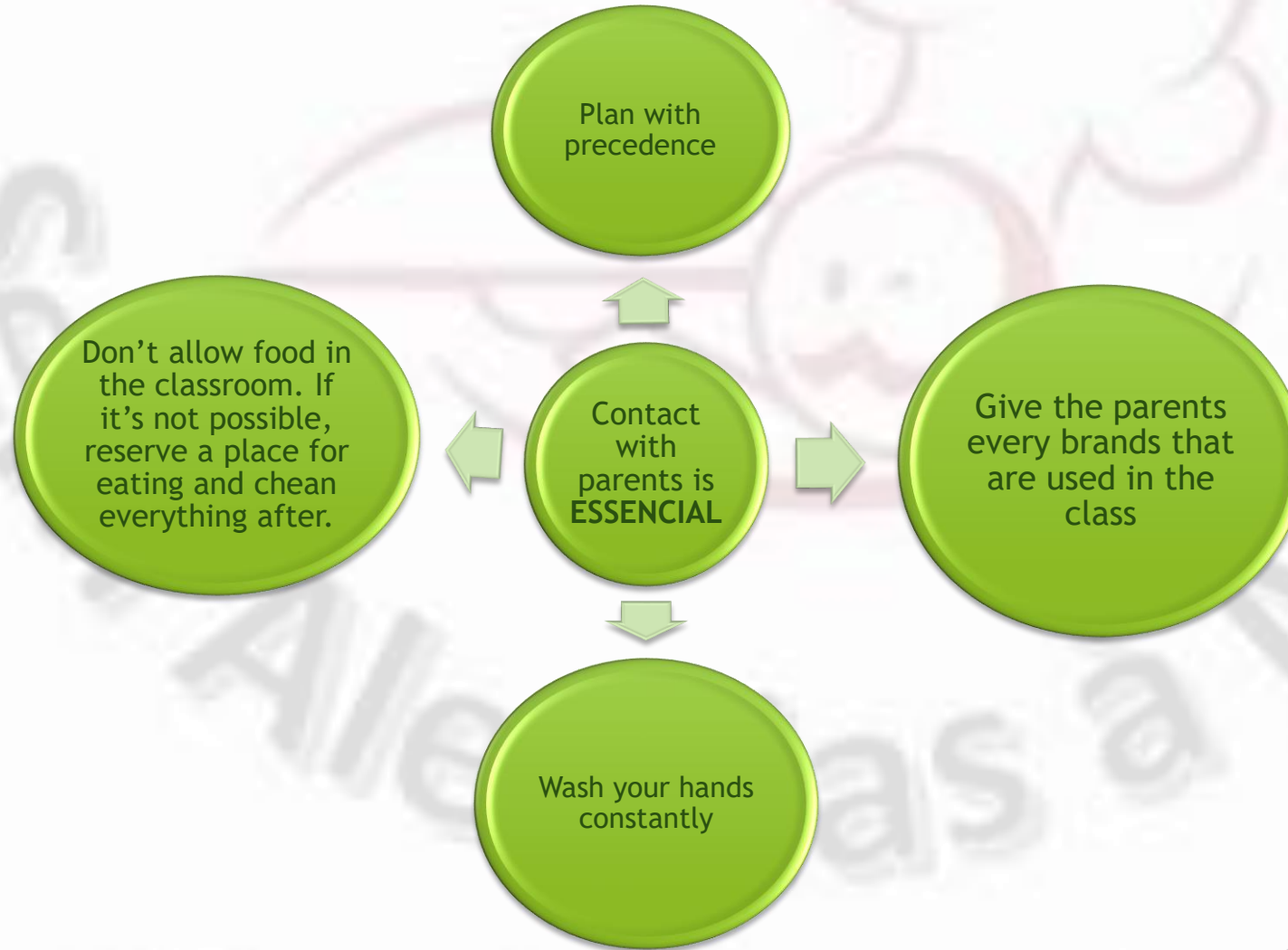
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How to avoid na Allergic Reaction

- ▶ The best way to avoid a reaction is to avoid all foods containing the allergen, including those that contain or may contain traces.
- ▶ Taking account the allergy degree be careful with saliva, touches and smells.
- ▶ Some allergies, such as CMPA (Cow's milk protein allergy), you must check pensils, crayons, chalk ... and others.

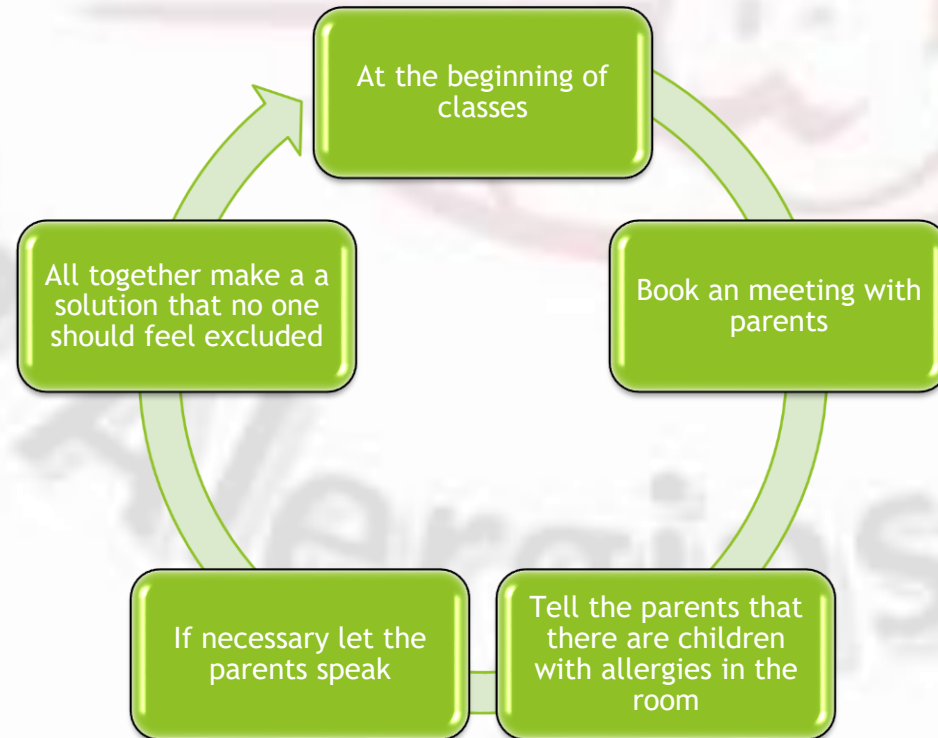
1. Learn to read labels.
2. If you have doubts contact the parents.
3. Wash your hands before touching in safe foods.
4. Aware everyone that has contact with the children.

How to plan the lessons



Awareness

- Families with ALLERGIC children tend to isolate themselves. It's a silent suffering. Only the fact that the children go to school is a source of stress and worry.
- Help raise awareness all around the child, in this space where they spend much of the day.





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Let us together change mentalities!

- ▶ I count on you to make this school year a year of excellence.

Thank you!