

5 things students should know.



THING 01

What is a food allergy?

A food-allergic reaction happens when our body's immune system, which normally defends us against disease, mistakes a certain food as dangerous and attacks it.

THING 02

Common allergic reaction symptoms?

Mouth & Throat: **Itching, Swelling of lips and/or tongue, Tightness/closure of throat, Coughing**
Skin: **Itching, Hives, Redness, Swelling**
Cardiovascular: **Dizziness, Fainting, Rapid weak pulse, Drop in blood pressure**
Stomach: **Vomiting, Nausea, Stomach pain**
Respiratory: **Trouble breathing, Wheezing, Coughing**



THING 03

3 things to do if someone is having a reaction?

1. Get help. Tell an adult and call 9-1-1 if needed
2. Stay with friend and watch for symptoms
3. Give medications, if needed and if no adult is nearby



THING 04

3 ways to support someone with a food allergy?

1. Know that food allergies are serious
2. Don't share your food with friends who have food allergies. Wash your hands after you eat to avoid cross-contact.
3. Help all of your friends and classmates have fun together



THING 05

What is cross-contact?

When one food comes in contact with another food, each food then contains small bits of the other. For example, cross-contact can happen when one knife touches multiple foods without washing it in between.



Mrs. Can's Food Allergy 5

www.thelandofcan.com
www.citizensofcan.com

© 2020 Citizens Of Can, LLC