



Helpful information on managing your child's allergies

Lots more info, fun & activities at

[AllerMates.com](http://AllerMates.com)



# The ABC's of Safeguarding kids with Allergies



So your child has an allergy or even more than one...don't despair. AllerMates will help you manage your child's allergies & help keep them safe.

*Iris*  
Iris Shamus  
Founder and CEO



## A AVOIDANCE

**The first thing to know is to stay away from whatever makes your child react!**

Helping your child avoid allergens is the most crucial step you can take to help keep them safe. Reading every label and taking notice of every morsel your child eats may seem overwhelming, but it will become second nature very quickly. When they're old enough, teach them the allergy safety rules so that they're able to feel in control of their health too.



## D DOCTOR



**If you suspect allergies and have not been to a doctor yet, make that appointment right now!**

Doctors can...

- Test to find out what your child is allergic to.
- Monitor to see if symptoms get better or worse.
- If necessary prescribe medicine, including epinephrine, if they are at risk for severe and sometimes even life threatening allergic reactions. There is no "cure" for allergies. Being able to manage reactions quickly and effectively is essential.

the **DOCTOR is IN!**

## B

### BE AWARE

**Learn the symptoms of a severe allergic reaction. Here are some things to look out for.**

- Their mouth tingles, burns or itches.
- They start to feel itchy or get hives (red patches that itch or burn their skin).
- Their lips, tongue, face or other part of the body start to swell or feel puffy.
- They start to wheeze, feel they can't get a breath or that breathing is harder. Sometimes it might feel as if there's a lump in their throat, even if you can't see anything there.
- Their stomach hurts, they may feel nauseous, throw-up, or have diarrhea.



## E

### EMERGENCY

**When a severe allergic reaction starts, ACT FAST!**

- Tell an adult as soon as possible!
- Follow your doctor's emergency directions. If epinephrine was prescribed, make sure it is given as soon as possible.
- Seek emergency medical attention! That's not optional - even if symptoms get better, reactions can return and intensify. Even if epinephrine was given, it must be followed up with immediate medical care.



## C

### COMMUNICATION

**Every adult who looks after your child must be aware of their allergy.**

Teachers, babysitters, camp counselors & family members must be aware of the allergy, the symptoms of a severe allergic reaction and how to respond if one occurs.

- An Allergy Action Plan will help detail what to do in case of emergency and should be provided to all caregivers.
- Wearing an alert identification accessory (available at [AllerMates.com](http://AllerMates.com)) will help make those around your child aware of their allergy.



## 123's of Allergy Safety Rules for KIDS!

1. Know which foods you are allergic to and the most common things you can't eat.
2. Don't eat anything unless you know it's safe.
3. Never share food with friends.
4. Read food labels, or have an adult read them first, to be sure there are no allergens.
5. Tell an adult immediately if you start to feel sick or strange after eating.