



AllerMates

Safeguarding Kids :)

LOOK INSIDE FOR A NOTE TO PARENTS →

MEET THE ALLERMATES

WE'RE HIP. WE'RE COOL. WE HELP KEEP KIDS SAFE IN & OUT OF SCHOOL!



Professor Wheatley



P. Nutty



Nuts



Pint

**ALLERGY
EDUCATION
FOR KIDS**

A NOTE TO PARENTS AND CAREGIVERS:

This booklet was created by a parent for other parents to share with their children. We believe that teaching our children about their health is one of the most important things we do. We also know that moms and dads are a child's first and best educators, so we designed this book to help make learning fun for you and your child!

HEY, I'M
P. NUTTY - THE ONE
AND ONLY OFFICIAL
SPOKESNUT FOR
ALLERMATES.



WHAT ABOUT
ME? I'M A
NUT TOO!



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Safeguarding Kids :)

NUT ALLERGY

NAME:
NUTSO
BORN:
ALBUQUERQUE,
NEW MEXICO
OCCUPATION:
CIRCUS PERFORMER

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PEANUT ALLERGY

NAME:
P. NUTTY
BORN:
TUSCALOOSA,
ALABAMA
OCCUPATION:
OFFICIAL SPOKESNUT
FOR ALLERMATES

I'M HERE TO
TEACH YOU ABOUT
ALLERGIES AND
KEEPING SAFE!

WHO ARE THE ALLERMATES?



BIZZYZ
INSECT STING
ALLERGY

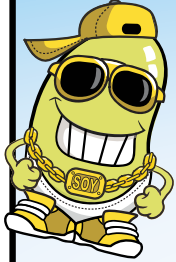


DRIFT
POLLEN ALLERGY

PINT
DAIRY ALLERGY

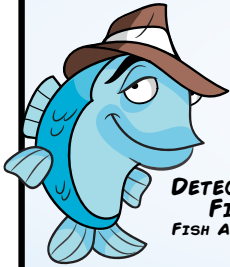
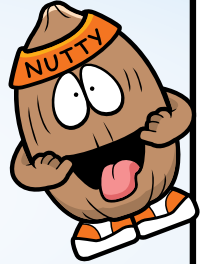


SOY COOL
SOY ALLERGY



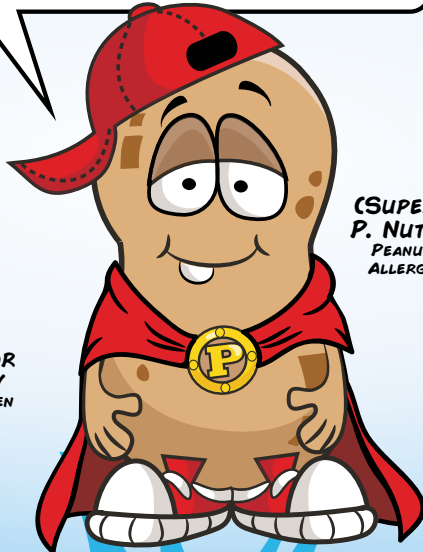
**ALLERMATES
REPRESENT THE
ALLERGENS
THAT CAUSE
YOUR ALLERGIES.**

NUTSO
NUT ALLERGY

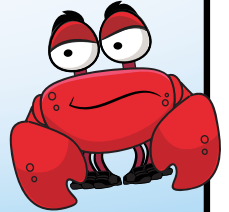


**DETECTIVE
FIN**
FISH ALLERGY

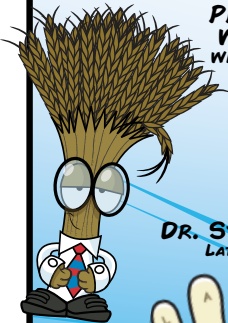
**(SUPER)
P. NUTTY**
PEANUT
ALLERGY



CRABBY
SHELLFISH ALLERGY



**PROFESSOR
WHEATLEY**
WHEAT-GLUTEN
ALLERGY



DR. STRANGEGLOYE
LATEX ALLERGY



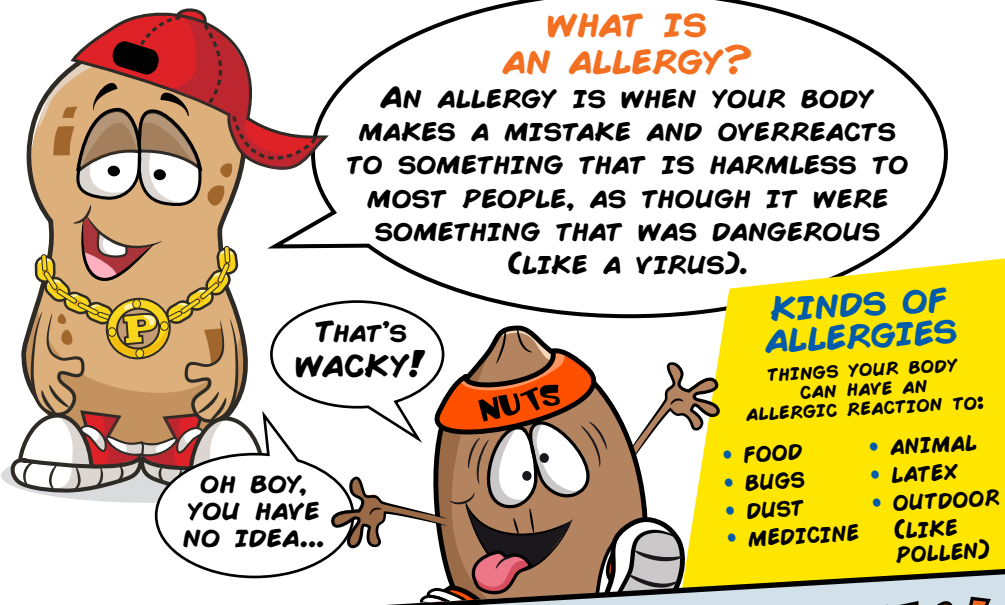
EGGIE
EGG ALLERGY



**WE HELP
KEEP YOU SAFE
FROM YOUR
ALLERGIES!**

KIDS, CIRCLE THE ALLERMATES THAT REPRESENTS NON-FOOD ALLERGENS.

PUT A SQUARE AROUND THE ALLERMATE THAT REPRESENTS BUTTER AND CHEESE.



WHAT IS AN ALLERGY?

AN ALLERGY IS WHEN YOUR BODY MAKES A MISTAKE AND OVERREACTS TO SOMETHING THAT IS HARMLESS TO MOST PEOPLE, AS THOUGH IT WERE SOMETHING THAT WAS DANGEROUS (LIKE A VIRUS).

THAT'S WACKY!

OH BOY, YOU HAVE NO IDEA...

KINDS OF ALLERGIES

THINGS YOUR BODY CAN HAVE AN ALLERGIC REACTION TO:

- FOOD
- ANIMAL
- BUGS
- LATEX
- DUST
- OUTDOOR (LIKE POLLEN)
- MEDICINE

THE WACKY WORLD OF ALLERGIES!

SOME KIDS ONLY HAVE ONE ALLERGY.

SOME KIDS HAVE MULTIPLE ALLERGIES.

SOME KIDS SYMPTOMS GET MILDER AS THEY GROW OLDER.

OTHER KIDS SYMPTOMS GET WORSE AS THEY GROW OLDER.

SOME KIDS NEVER OUTGROW THEIR ALLERGIES.

SOME KIDS OUTGROW THEIR ALLERGIES.

DID SOMEBODY SAY WACKY?

P. NUTTY'S WORD SEARCH



KIDS WITH ALLERGIES SHOULD LEARN THE SIGNS OF AN ALLERGIC REACTION SO THAT THEY CAN ALERT AN ADULT IMMEDIATELY!!

**HELP P. NUTTY
FIND THESE ALLERGIC SYMPTOMS:**

**ITCHING HIVES SWOLLEN FACE
BELLY ACHЕ WHEEZING TINGLING**

J	C	S	C	T	I	N	G	L	I	N	G
I	S	P	M	F	L	Q	E	Y	J	B	W
T	D	W	R	W	P	U	V	G	U	E	I
C	I	N	O	D	O	Z	K	B	H	L	B
H	Z	U	C	L	U	E	I	E	T	L	R
I	B	G	V	R	L	Z	M	L	I	Y	O
N	K	P	H	I	V	E	S	N	S	A	D
G	Y	A	D	V	Q	H	N	K	O	C	S
W	H	E	E	Z	I	N	G	F	F	H	A
L	K	I	S	O	Y	T	U	N	A	E	L
C	Y	N	D	P	Q	H	J	T	Y	C	G
V	H	S	W	I	Y	R	B	G	F	Y	E

MOST COMMON FOOD ALLERGENS: PEANUTS, TREE NUTS, SOY, EGG, DAIRY, WHEAT GLUTEN, FISH, SHELLFISH

HELP P. NUTTY UNSCRAMBLE SOME OF THE FOOD ALLERGENS:

FLSHIHELS _____

Hint: comes from the water

GSEG _____

Hint: usually a breakfast food

ETWAH _____

Hint: rhymes with meat

HIFS _____

Hint: goes well with chips

HELP KEEP KIDS WITH ALLERGIES SAFE BY...

LEARNING THE

ALLERGY SAFETY RULES



P. Nutty

1. ALWAYS WASH HANDS

before and after meals to prevent cross contamination



Professor Wheatley

2. ALWAYS ASK AN ADULT

if a food is safe for you

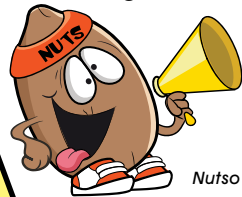
3. ALWAYS CARRY YOUR EMERGENCY MEDICINE



For kids with severe allergies

4. TELL AN ADULT immediately!

if you (or a friend) is having an allergic reaction



Nutso

5. ALWAYS WEAR ALLERGY ALERT IDENTIFICATION



Let others know what you're allergic to.

Yo.



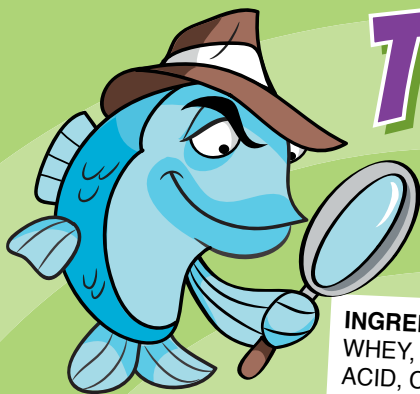
Soy Cool



GO TO **ALLERMATES.COM** TO SEE THE ALLERGY SAFETY RULES VIDEO



PLAY ▶



TRUE OR FALSE?

INGREDIENTS: SUGAR, WATER, SALT, CORN STARCH, WHEY, SODIUM, BLEACHED FLOUR, DEXTROSE, SORBIC ACID, COCOA, NATURAL AND ARTIFICIAL FLAVORS, EGGS, ALMONDS, WHEAT, SOY, MILK, PEANUTS.

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NAME: DETECTIVE FIN
BORN: PHILADELPHIA,
PENNSYLVANIA
OCCUPATION: DETECTIVE

FISH ALLERGY

Circle the allergens listed in this food label.

TRUE OR FALSE?
CIRCLE THE
CORRECT ANSWER.

1.

FOOD ALLERGIC KIDS SHOULD NOT EAT FOODS THAT ARE NOT CLEARLY LABELED WITH THE INGREDIENTS. TRUE OR FALSE?

2.

KIDS WITH FOOD ALLERGIES SHOULD ALWAYS ACCEPT SNACKS AND FOODS FROM THEIR FRIENDS. IT'S SO RUDE TO SAY NO. TRUE OR FALSE?

3.

KIDS WITH SEVERE ALLERGIES WHO HAVE BEEN PRESCRIBED EMERGENCY MEDICINE BY THEIR DOCTOR, SHOULD HAVE THEIR EMERGENCY MEDICINE AVAILABLE TO THEM AT ALL TIMES. TRUE OR FALSE?

ANSWERS

- 1). TRUE. If you don't know what the exact ingredients are then don't eat it!
- 2). FALSE. Don't share or accept foods from others if you don't know what's in it.
- 3). TRUE. If your doctor prescribed emergency medicine for you in case of an allergic emergency, make sure it goes with you wherever you are.



AllerMates®

Safeguarding Kids :)

Come to **AllerMates.com**
to meet the AllerMates and
learn all about your health.
play. watch. read. learn.



ABOUT THE AUTHORS



IRIS SHAMUS

Iris Shamus is the founder of AllerMates®, a company whose goal is to make children with allergies, asthma and other health concerns safer while educating them and those around them.

She conceived of the AllerMates® characters and products as a result of her son's severe allergies and asthma. She lives in Upper Saddle River, NJ with her husband and three wonderful children.



P. NUTTY

P. Nutty is the official SpokesNut of the AllerMates and dedicated to teaching children about allergies. He also occasionally moonlights as a DJ on the weekends and was a former rap artist. Some of his hobbies include stamp collecting and playing blues harmonica. P. Nutty was born in Tuscaloosa, Alabama.

A SPECIAL THANKS TO OUR
ALLERGIST FRIENDS WHO
HAVE REVIEWED THIS
INFORMATION!

WE'RE THE ALLERMATES

