

BE ALLERGY WISE

Anaphylaxis is a serious allergic reaction.

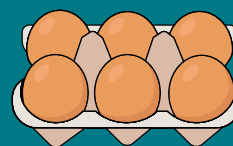


Anaphylaxis in babies and toddlers almost always involves skin reactions (skin rash/swelling)

Common food allergens in under 5s



PEANUTS



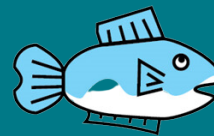
EGGS



MILK



TREE NUTS



FISH & SEAFOOD



GLUTEN/WHEAT



SESAME



SOYBEANS

Top Tips

- Everyone wash their hands before & after meal & snack times.
- Clean tables with hot, soapy water before & after meal & snack times.
- Have a "no sharing" rule for food & drinks.
- Risk assess all activities to ensure they are safe for children with allergies.

Think



Anaphylaxis symptoms

Look out for any **one or more** of the ABC symptoms:

AIRWAY - swelling in the throat, tongue or upper airways

BREATHING - wheezing, breathing difficulty, noisy breathing

CIRCULATION - dizziness, feeling faint, pale clammy skin, loss of consciousness.

If you suspect anaphylaxis, give adrenaline without delay.