

 **anaphylaxis UK**
A brighter future for people with serious allergies

All about serious allergic reactions

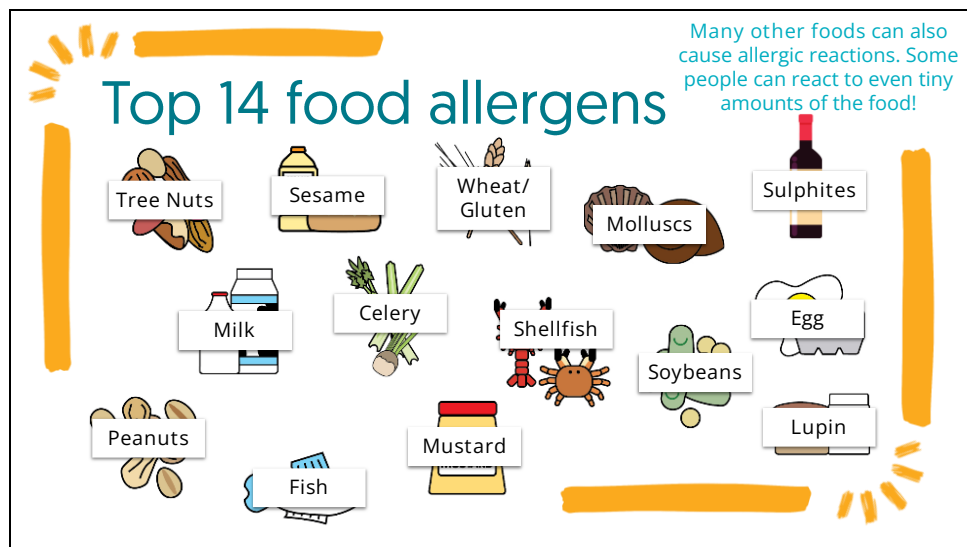




Talk about how your immune system helps fight illnesses and germs.
However some things that won't hurt one person could make someone else very ill.

Talk about the different places you can find allergens in relation to the pictures.

Question to ask: How many children do you think have allergies? (Answer = Up to 5% of children are thought to have a food allergy. Every school classroom is likely to have at least one pupil with allergies.)



Can the children name the different food allergens? Remember, **many other foods** can also cause allergic reactions.

The top 14 major food allergens in the UK are:

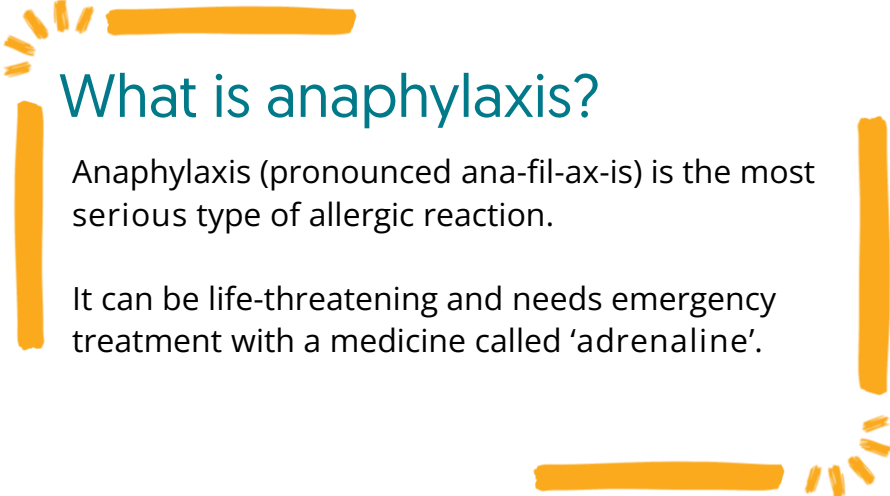
Celery - Cereals containing gluten - Crustaceans - Eggs- Fish - Lupin - Milk - Molluscs - Mustard – Tree Nuts - Peanuts - Sesame seeds - Soya - Sulphur dioxide/Sulphites

In the UK, food businesses must provide information about any of the 14 major allergens when they are used as ingredients in the food and drink they provide.

For more information about the 14 top food allergens: [14 Major Food Allergens | Anaphylaxis UK](#)



The slide shows some other common non-food allergens. Can the children name these other common allergens?

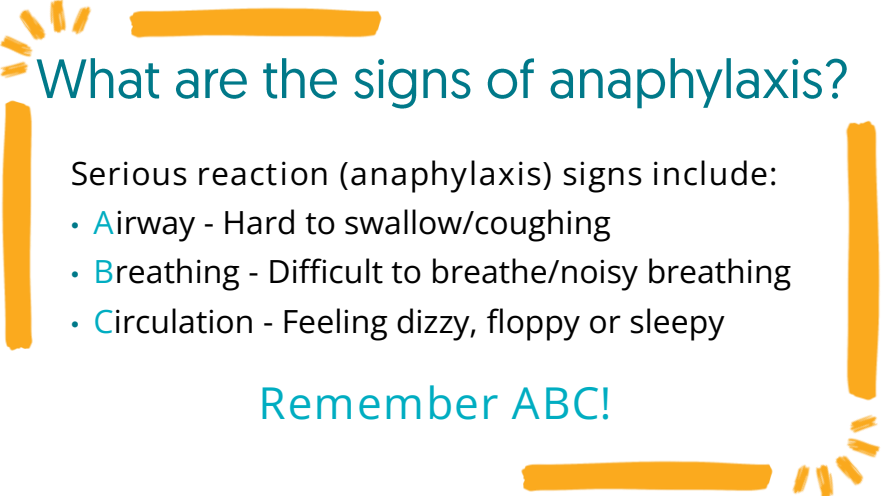


What is anaphylaxis?

Anaphylaxis (pronounced ana-fil-ax-is) is the most serious type of allergic reaction.

It can be life-threatening and needs emergency treatment with a medicine called 'adrenaline'.

For more information about anaphylaxis: [About Anaphylaxis](#) | [Anaphylaxis UK](#)



What are the signs of anaphylaxis?

Serious reaction (anaphylaxis) signs include:

- Airway - Hard to swallow/coughing
- Breathing - Difficult to breathe/noisy breathing
- Circulation - Feeling dizzy, floppy or sleepy

Remember ABC!

In extreme cases there could be a dramatic fall in blood pressure. The person may become weak and floppy and may have a sense of something terrible happening. Any of the ABC symptoms may lead to collapse and unconsciousness and, on rare occasions, can be fatal. An adrenaline auto-injector should be given without delay if **any** of the 'ABC' symptoms are present.

For more information about anaphylaxis signs and symptoms: [Signs and symptoms of anaphylaxis](#) | [Anaphylaxis UK](#)

Other allergic reaction signs

Other signs can include:

- Itchy skin rash
- Itchy/tingling mouth
- Puffy lips, face or eyes
- Tummy pain or being sick



The signs above can also happen on their own.
If there are no ABC signs, the allergic reaction is likely to be less serious and not anaphylaxis.

The ABC symptoms will usually (but not always) also come with **other less-serious symptoms**, such as:

- a red raised rash (known as hives or urticaria) anywhere on the body
- a tingling or itchy feeling in the mouth
- swelling of lips, face or eyes
- stomach pain or vomiting.

These symptoms can also happen on their own. If you don't have the ABC symptoms, the reaction is likely to be less serious and is not the same as anaphylaxis but watch carefully in case ABC symptoms develop.

Medication

- When someone has a serious allergic reaction (anaphylaxis), they have to use a medicine pen which looks like this.
- It injects a medicine called 'adrenaline' into the top of the person's leg to make them feel better.
- These are also called adrenaline auto-injectors. There are 3 brand types in the UK (EpiPen, Emerade and Jext).



See here for more information about adrenaline: [Adrenaline | Anaphylaxis UK](#)

Using an adrenaline auto-injector

- When an allergic reaction happens, it is important to get help quickly.
- If the person has any of the ABC signs, they need to use adrenaline.
- They should stay where they are and lay flat with their legs raised. If they are struggling to breathe, they may need to be propped up.
- Adrenaline should be given into the muscle in the outer thigh. Always follow the instructions on the specific device.

An illustration showing a person lying flat on their back with their legs raised and supported by a chair. A hand is shown holding an adrenaline auto-injector and administering it into the outer thigh of the raised leg. The entire slide content is framed by a decorative orange border with brushstroke-like elements.

For more information about what to do in an emergency: [What to do in an emergency | Anaphylaxis UK](#)

Trainer devices can be ordered for free directly from the manufacturers:

[EpiPen® Training Pen | EpiPen®](#)

[Order Trainer Pen \(jext.co.uk\)](#)

[Order Brochures | Emerade \(emerade-bausch.co.uk\)](#)

What does it feel like to have an allergy?

- Someone with an allergy has to be careful about what they do and make sure they stay away from the thing/things that make them feel ill.
- This can make people feel different or left out.

The slide is decorated with thick orange brushstrokes forming a frame. Inside the frame, there are three orange circles. The top-left circle contains five colorful balloons (red, yellow, green, blue, and pink) with long, colorful streamers. The top-right circle contains a black menu book with a white fork and knife icon and the word 'Menu' written on it. The bottom circle contains a line drawing of a group of five stylized human figures standing together.

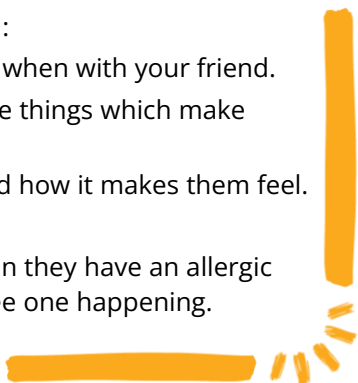
Talk about the different situations – birthday parties, eating out, and why someone may feel like the ‘odd one out.’



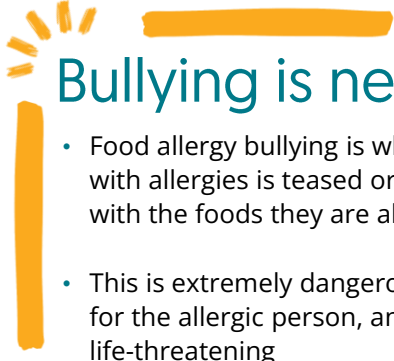
What you can do to help

If your friend has an allergy, you can:

- Wash your hands to keep them clean when with your friend.
- Help your friend to stay away from the things which make them ill.
- Ask your friend about their allergy and how it makes them feel.
- Don't share your lunch or snacks.
- Know what happens to someone when they have an allergic reaction and get help quickly if you see one happening.



Discuss how everyone can help to keep allergic children safe.

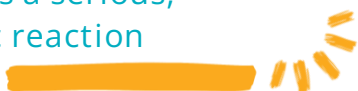


Bullying is never ok

- Food allergy bullying is when someone with allergies is teased or even threatened with the foods they are allergic to
- This is extremely dangerous and unsafe for the allergic person, and can even be life-threatening



Remember, anaphylaxis is a serious, life-threatening allergic reaction



Unfortunately, we hear about allergy bullying through our charity Helpline. Some recent examples include children purposely:

- throwing yoghurt at a child allergic to milk
- splashing milk on a child allergic to milk
- hiding nuts in the pockets of a child allergic to tree nuts

Tragically, Karanbir Cheema, a 13 year-old boy allergic to milk, died in 2017 after a pupil flicked a piece of cheese at him at school.

All children need to understand the possible consequences of food allergy bullying.



Bullying is never ok

- If you've been bullied because of food allergies, or if you've seen bullying happen because of food allergies, please tell a trusted grown up.

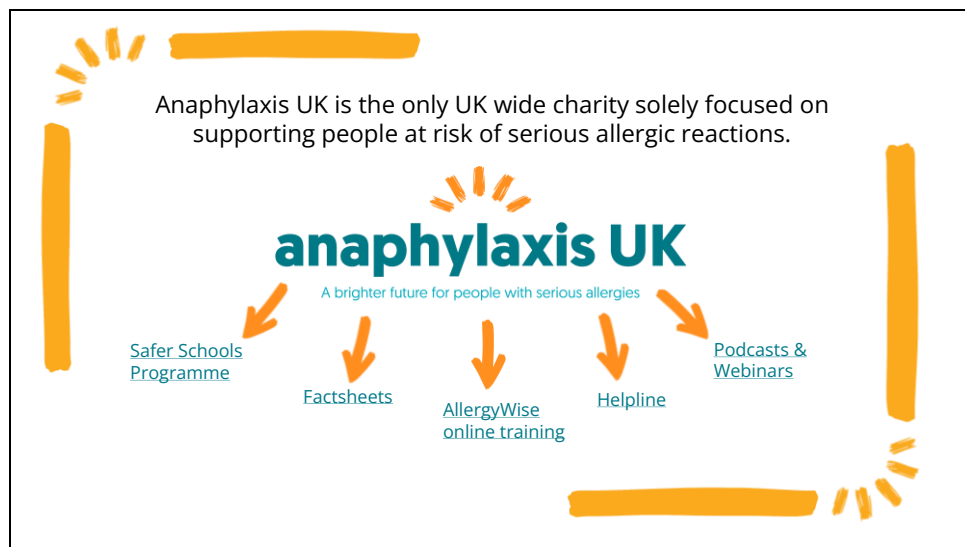
What you can do
#AntiBullyingWeek | Reach Out

- Tell someone you **trust**
- Keep a **record** of what is happening
- **Don't** retaliate
- Don't blame yourself – it is **NOT** your fault
- Share our **Safer Schools** resources with your school to educate staff & pupils about allergies

REACH OUT

anaphylaxis UK

For our Safer Schools Programme of resources and information for schools: [Safer Schools Programme | Anaphylaxis UK](#)



[Anaphylaxis UK Homepage](#) | [Anaphylaxis UK](#)