

**FAACT's
Food Allergy
School Curricula
Programs**

Grades: 9-12

FAACT
Food Allergy & Anaphylaxis
Connection Team
www.FoodAllergyAwareness.org

FoodAllergyAwareness.org

FAACT
Food Allergy & Anaphylaxis
Connection Team
AWARENESS • ADVOCACY • EDUCATION

#KnowtheFAACTs
FoodAllergyAwareness.org

Food Allergy Facts for Teens Grades 9-12

Talking Points for Power Point Presentation

Food Allergy Prevalence

32 Million Americans

Of these, **6 Million** are children,
adolescents and teens under the age of 18.

**That's about 2 students
in every classroom!**

#KnowtheFAACTs
FoodAllergyAwareness.org

Slide 2

Let's start by discussing food allergy prevalence. Food allergies affect approximately 32 million Americans including 6 million children under the age of 18. That's more people than the combined populations of Illinois and New Mexico! For children under the age of 18, that's about 2 students per classroom.

Slide 3

Any food can cause an allergic reaction. However, nine foods account for 90 percent of serious allergic reactions. These nine foods are: egg, fish, milk, peanut, shellfish, soy, tree nuts, wheat, and sesame – these foods are the most common foods allergens among individuals with food allergies.



Slide 4

A true food allergy involves a body’s immune system. Unfortunately, the term “allergy” is often used loosely and incorrectly. For example, a person with a milk intolerance might say they are “allergic” to milk even though it is not a true “allergy.” A milk intolerance involves the digestive system, not the immune system. And allergies can be deadly while intolerances are normally not life-threatening.

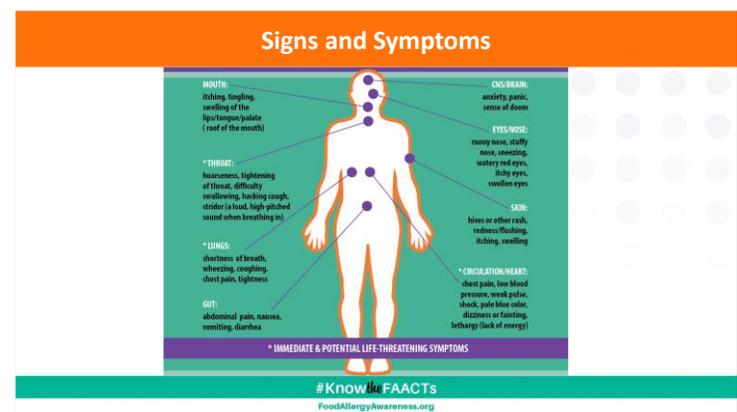
Allergy or Intolerance?

Allergy	Intolerance
<ul style="list-style-type: none">• Symptoms can include: cramps, nausea, vomiting and diarrhea• Involves the immune system• Can cause severe reactions• Can be deadly	<ul style="list-style-type: none">• Symptoms can include: cramps, nausea, vomiting and diarrhea• Involves the digestive system• Not life-threatening

#KnowtheFACTS
FoodAllergyAwareness.org

Slide 5

Allergic reactions to food can be unpredictable and range from mild to severe. Symptoms usually appear within 5-30 minutes after exposure to an allergen. Exposure can happen by ingestion (eating the food), inhalation (breathing in dust or vapors), and/or skin contact. Ingestion of an allergen usually results in the most severe of reactions. If you or someone you know begins to experience symptoms, get medical attention immediately!



Slide 6

Anaphylaxis (an-a-fi-LAK-sis) is a serious allergic reaction that comes on quickly and has the potential to be deadly. This type of severe reaction requires immediate medical treatment, including administration of epinephrine (ep-uh-NEPH-rin), which is a potentially life-saving medication, and a visit to the emergency room. Anaphylaxis can be fatal if not treated promptly. Fact: In 70% of fatal or near fatal cases of food allergy reactions, there was either a delay in the administration of epinephrine, or epinephrine was not administered at all.

Slide 7

FDA-approved epinephrine products are prescribed by doctors. Individuals with food allergies should have access to epinephrine at all times. Epinephrine is the first medication that should be administered when treating anaphylaxis. Epinephrine reverses symptoms and allows time to seek additional care.

When administered, epinephrine works rapidly to help increase blood pressure and keep blood flowing to vital organs. It also improves breathing, relieves cramping, decreases swelling, and helps blocks itching and hives.

Epinephrine auto-injectors are designed to go through clothing and are typically injected into the upper, outer thigh. **Epinephrine nasal spray (neffy)** is designed to be administered via the nasal septum.

Slide 8

There is no cure for food allergies. The only way to prevent an allergic reaction is to avoid the allergen. Strict avoidance is the best way to prevent a reaction. This includes all products that definitely contain the allergen as well as those that “may contain”, “might contain”, or “made in a shared facility”. Even a small exposure to a food allergen is dangerous and will likely result in an allergic reaction.

Anaphylaxis



Anaphylaxis (an-a-fi-LAK-sis) is a serious allergic reaction that comes on quickly and has the potential to be deadly.

Anaphylaxis requires immediate administration of epinephrine and a visit to the emergency room.

#KnowtheFACTS
FoodAllergyAwareness.org

Emergency Medication



EpiPen.com



Auvi-Q.com



Neffy.com

#KnowtheFACTS
FoodAllergyAwareness.org

Preventing Allergic Reactions

There is no cure for food allergies.

Strict avoidance of an allergen is best.

Beware of products that “may contain”, “might contain”, or are “made in a shared facility”.

#KnowtheFACTS
FoodAllergyAwareness.org

Slide 11

It's also very important for people with food allergies to ask lots of questions about how foods are prepared and handled. This is because allergens, like peanuts, can touch other foods, surfaces, cookware and utensils inadvertently. When this happens, it is called cross-contact, and it can trigger an allergic reaction. *Can you describe different ways that these strawberries could have cross-contact with peanut butter?*

Cross-Contact

What are some ways that **STRAWBERRIES** could have cross-contact with **PEANUT BUTTER**?



#KnowtheFAACTs
FoodAllergyAwareness.org

Slide 12

There are many ways that you can help your classmates to stay safe with food allergies. One way is to follow your school's safety rules. For example, maybe your school has certain areas like the library or gymnasium designated as food-free zones. There might be a rule that you cannot eat on the school bus, share food, or start a food fight. By following the rules, you will be helping classmates with food allergies to stay safe. Let's talk more about some of the specific ways that you can help.

Follow School Rules

Examples of School Rules:

- Food Free Zones
- No Eating on the Bus
- No Sharing Food
- No Food Fights



#KnowtheFAACTs
FoodAllergyAwareness.org

Slide 13

You can help your friends with food allergies by reminding and encouraging them to always carry their epinephrine with them. Fact: Teens are a high-risk group for experiencing fatal allergic reactions because they don't always carry this important, life-saving medication. It might be inconvenient or embarrassing to carry the medication, but it is absolutely necessary!

Give a Friendly Reminder



Teens are at the **highest risk** for anaphylaxis because they don't always carry their life-saving epinephrine.

Remind your friend with food allergies to **always** carry this life-saving emergency medication!

#KnowtheFAACTs
FoodAllergyAwareness.org

Slide 14

You probably know that it's a great idea to wash your hands before eating to remove germs that can make you sick, but did you know that you can help keep classmates safe from cross-contact by washing your hands **AFTER** you eat? By washing your hands with soap and water or a hand wipe, you can remove any leftover food that might make a classmate sick. Guess what does **not** clean food from your hands? Hand Sanitizer! Hand sanitizer will kill germs, but it will **not** clean food from your hands!

Wash Your Hands After Eating



For washing hands or face, Use **warm/hot soapy water** or a commercial "tidy" wipe. It will help clean **food allergens** from your hands or face.



Hand Sanitizer **will NOT** remove **food allergens** from your hands.

#KnowtheFAACTs
FoodAllergyAwareness.org

Slide 15

If you think that a classmate is having an allergic reaction you can help by quickly telling your teacher or another adult that your classmate is having an emergency. If you can't find an adult, you should call 911. Do you remember some of the warning signs that someone needs help? Someone who is having an allergic reaction might complain of an itchy mouth, have a rash or get itchy raised hives. Their throat might feel tight, and they could have a hard time breathing.

Get Help Right Away



If you can't find an adult
Call 911

#KnowtheFAACTs
FoodAllergyAwareness.org

Slide 16

You can also help your classmates with food allergies by being kind. It is never nice to tease or bully anyone. Ever. Why would anyone want to hurt someone's feelings? Food allergies are only one piece of the whole person. It's important to remember that classmates with food allergies are otherwise very similar to you. Classmates with food allergies may enjoy the same sports, music, or books as you do! They might have the same sense of humor or enjoy the same movies. **Fact:** 24% of food allergic

teens reported in a study that they were bullied in some way. Most of these teens reported that the bullying was related directly to their food allergies.

Be Kind



- Never Tease
- Never Bully

#KnowtheFAACTs
FoodAllergyAwareness.org

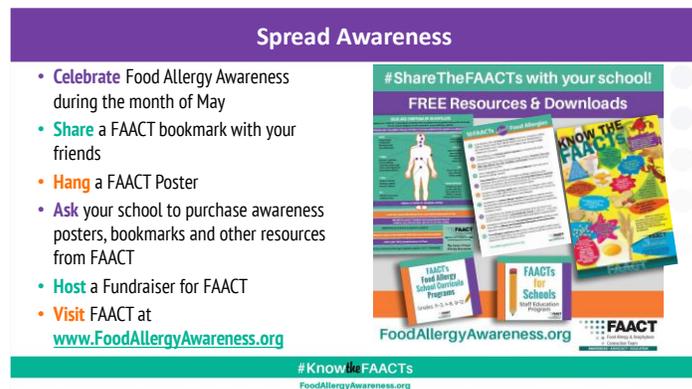
Slide 17

Sometimes your classmates with food allergies could feel left out. They might feel frustrated, sad, angry, or embarrassed that they can't eat the same foods as everyone else. You can help by considering ways to include individuals with food allergies. Here are some ideas: When you're making reservations for a fun birthday dinner, instead of leaving out the friend who has a food allergy, take some time to research and choose a restaurant that has experience with handling food allergies. Ask your friend for recommendations. If your circle of friends is bored and looking for something to do, try baking together at someone's home instead of going out for cupcakes, donuts, and coffee. Your food allergic friend can introduce you to clever ways of making substitutions in recipes that contain allergens. Remember, not all activities need to revolve around food. Invite your food allergic friend to play some ball, go for a run, walk the dog, or swim laps.



Slide 18

Now that you know so much about food allergies, you can teach others! Here are just a few ideas: Celebrate Food Allergy Awareness Week at school, host a fundraiser to support food allergy education, or encourage your school to purchase and display awareness materials like the poster shown here. How else can you spread awareness?



Slide 19

Thanks for learning about food allergies with FAACT! If you'd like to sum up what you've learned today, we recommend this video from the National Institute of Allergy and Infectious Diseases.



Slide 20

Print the *Know The FAACTs Award* certificate and fill it out for your students to take home and share with their families.



Thank you for joining us to learn about food allergies!

For more resources, visit us at: www.FoodAllergyAwareness.org



This program has been approved by FAACT's [Medical Advisory Board](#) and is supported by



#KnowtheFAACTs
FoodAllergyAwareness.org