

FAACT's Food Allergy School Curricula Programs

Grades: 9-12 



FoodAllergyAwareness.org



#KnowtheFAACTs

FoodAllergyAwareness.org

Food Allergy Prevalence

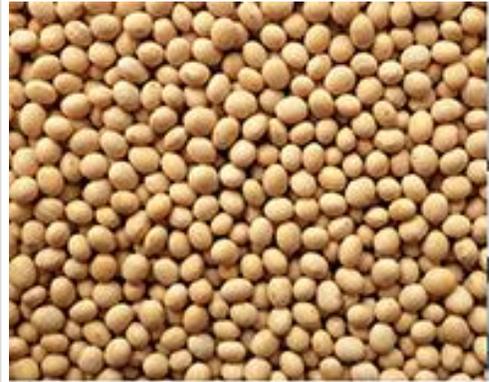
32 Million Americans

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

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

Top 9 Food Allergens

Milk, egg, peanut, tree nut, fish, shellfish, wheat, soy, and sesame are the most common food allergens.



Soy



Egg



Peanut



Fish



Sesame



Shellfish



Tree nut



Milk



Wheat

#KnowtheFACTs

FoodAllergyAwareness.org

Allergy or Intolerance?

Allergy

- Symptoms can include: cramps, nausea, vomiting and diarrhea
- Involves the **immune** system
- Can cause severe reactions
- **Can be deadly**

Intolerance

- Symptoms can include: cramps, nausea, vomiting and diarrhea
- Involves the **digestive** system
- **Not life-threatening**

Signs and Symptoms

MOUTH:
itching, tingling,
swelling of the
lips/tongue/palate
(roof of the mouth)

*** THROAT:**
hoarseness, tightening
of throat, difficulty
swallowing, hacking cough,
stridor (a loud, high-pitched
sound when breathing in)

*** LUNGS:**
shortness of breath,
wheezing, coughing,
chest pain, tightness

GUT:
abdominal pain, nausea,
vomiting, diarrhea

CNS/BRAIN:
anxiety, panic,
sense of doom

EYES/NOSE:
runny nose, stuffy
nose, sneezing,
watery red eyes,
itchy eyes,
swollen eyes

SKIN:
hives or other rash,
redness/flushing,
itching, swelling

*** CIRCULATION/HEART:**
chest pain, low blood
pressure, weak pulse,
shock, pale blue color,
dizziness or fainting,
lethargy (lack of energy)

*** IMMEDIATE & POTENTIAL LIFE-THREATENING SYMPTOMS**

#KnowtheFAACTs

FoodAllergyAwareness.org

Anaphylaxis



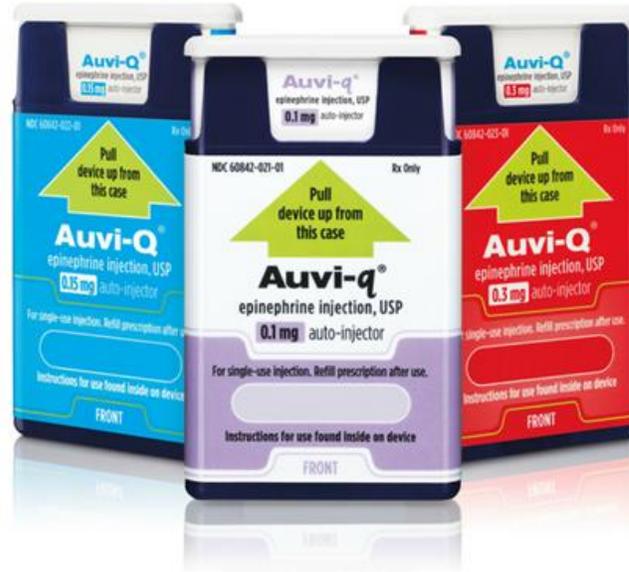
Anaphylaxis (an-a-fi-LAK-sis)
Is a serious allergic reaction
that comes on quickly and has
the potential to be deadly.

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

Emergency Medication



EpiPen.com



Auvi-Q.com



Neffy.com

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**”.

#Know**the**FAACTs

FoodAllergyAwareness.org

Which of These Foods Contains Eggs?

Cheeseburger?



Ice Cream Cone?

#KnowtheFACTs

FoodAllergyAwareness.org

Read Ingredient Lists



#KnowtheFAACTs

FoodAllergyAwareness.org

Cross-Contact

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



#KnowtheFACTs

FoodAllergyAwareness.org

Follow School Rules

Examples of School Rules:

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



#KnowtheFAACTs

FoodAllergyAwareness.org

Give a Friendly Reminder

A yellow sticky note with the handwritten text "Bring the Epinephrine!" in black ink. The note is slightly tilted and has a soft shadow beneath it.

Bring the
Epinephrine!

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!

#Know**the**FAACTs

FoodAllergyAwareness.org

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.

Get Help Right Away



If you can't
find an adult
Call 911

#KnowtheFACTs

FoodAllergyAwareness.org

Be Kind

- Never Tease
- Never Bully



#KnowtheFAACTs

FoodAllergyAwareness.org

Be Considerate

Choose Allergy-Friendly Restaurants with Experience!



Take the emphasis off of food. Get out and be active!

#KnowtheFACTs

FoodAllergyAwareness.org

Spread Awareness

- **Celebrate** Food Allergy Awareness during the month of May
- **Share** a FAACT bookmark with your friends
- **Hang** a FAACT Poster
- **Ask** your school to purchase awareness posters, bookmarks and other resources from FAACT
- **Host** a Fundraiser for FAACT
- **Visit** FAACT at www.FoodAllergyAwareness.org

#ShareTheFAACTs with your school!
FREE Resources & Downloads

SIGNS AND SYMPTOMS OF ANAPHYLAXIS
Anaphylaxis (an-a-FAY-l-iss) is a serious allergic reaction that occurs so quickly as to be potentially life-threatening. The most common anaphylactic reactions are to foods, insects, medications, and latex.

10 FAACTs about Food Allergies
1. Food allergies affect as many as 32 million Americans, including 6 million children. Studies report that 1 in 13 children and up to 1 in 10 adults in the United States have a food allergy. For children, this averages to two children per classroom.
2. A food allergy is an immune system response to a food that the body mistakenly believes is harmful.
3. Nine foods account for 90% of all food allergy reactions: Peanuts, Tree nuts, Milk, Egg, Soybeans, Sesame, Wheat, Soy, Fish, Shellfish, and Sesame. However, eating any food can cause a reaction.
4. There is no cure for food allergies and strict avoidance is the only way to prevent an allergic reaction.
5. Trace amounts of an allergen can trigger an allergic reaction in some individuals. Food reactions to a food allergy do not predict future reactions! Someone can still have a life-threatening reaction to a food they are allergic to, even if they have never had a serious reaction before.
6. Symptoms can develop rapidly after exposure to an allergen, often within minutes and usually within 30 minutes. However, it can take up to 2 hours for symptoms to occur after exposure to a food allergen.
7. Anaphylaxis is a serious allergic reaction that causes immediate medical attention to become life-threatening. Anaphylaxis requires immediate medical attention, including administration of epinephrine and a visit to the emergency room, including administration of life-saving. A call to 9-1-1 is a key step to the emergency room should always follow epinephrine administration.
8. Individuals at risk should carry two epinephrine products with them at all times.
9. Food allergies continue to rise and are a serious and public health concern across the United States. You can get free resources and find out how to help keep those with food allergies safe at: FoodAllergyAwareness.org

KNOW THE FAACTS
Food allergies affect as many as 32 million Americans, including 6 million children. Studies report that 1 in 13 children and up to 1 in 10 adults in the United States have a food allergy. For children, this averages to two children per classroom.
A food allergy is an immune system response to a food that the body mistakenly believes is harmful.
Nine foods account for 90% of all food allergy reactions: Peanuts, Tree nuts, Milk, Egg, Soybeans, Sesame, Wheat, Soy, Fish, Shellfish, and Sesame. However, eating any food can cause a reaction.
There is no cure for food allergies and strict avoidance is the only way to prevent an allergic reaction.
Trace amounts of an allergen can trigger an allergic reaction in some individuals. Food reactions to a food allergy do not predict future reactions! Someone can still have a life-threatening reaction to a food they are allergic to, even if they have never had a serious reaction before.
Symptoms can develop rapidly after exposure to an allergen, often within minutes and usually within 30 minutes. However, it can take up to 2 hours for symptoms to occur after exposure to a food allergen.
Anaphylaxis is a serious allergic reaction that causes immediate medical attention to become life-threatening. Anaphylaxis requires immediate medical attention, including administration of epinephrine and a visit to the emergency room, including administration of life-saving. A call to 9-1-1 is a key step to the emergency room should always follow epinephrine administration.
Individuals at risk should carry two epinephrine products with them at all times.
Food allergies continue to rise and are a serious and public health concern across the United States. You can get free resources and find out how to help keep those with food allergies safe at: FoodAllergyAwareness.org

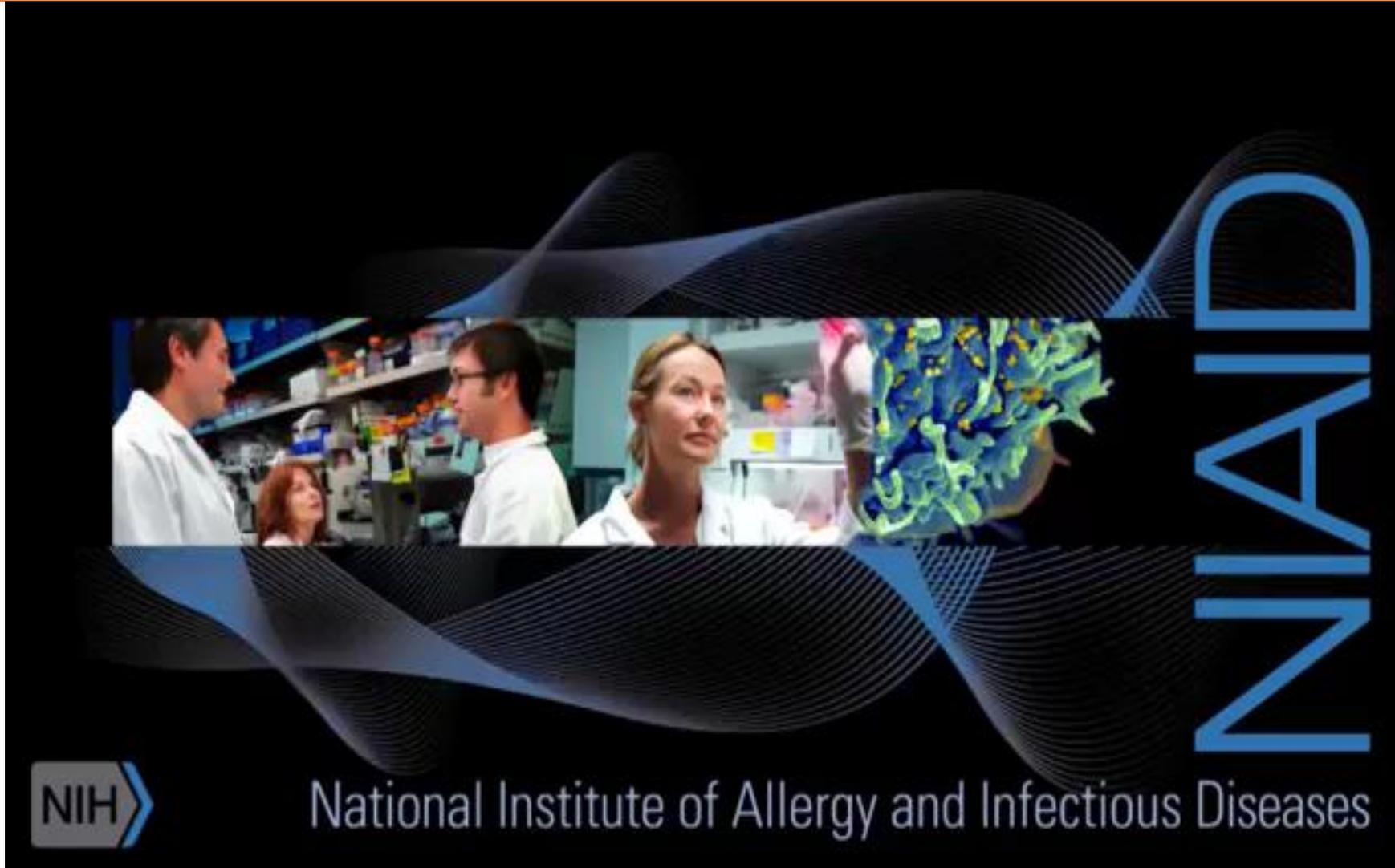
FAACT's Food Allergy School Curricula Programs
Grades: K-3, 4-8, 9-12

FAACTs for Schools Staff Education Program

FoodAllergyAwareness.org



In Summary



#KnowtheFACTs

FoodAllergyAwareness.org

Know The FAACTs Award

Know The FAACTs

Award

Presented to:

For outstanding effort in learning Know The FAACTs
and helping your friends with food allergies stay safe.
Congratulations!

Signed

Date



Food Allergy & Anaphylaxis Connection Team (FAACT) (513) 342-1293

www.FoodAllergyAwareness.org

#KnowtheFAACTs

FoodAllergyAwareness.org



AWARENESS • ADVOCACY • EDUCATION

www.FoodAllergyAwareness.org

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



#KnowtheFAACTs

FoodAllergyAwareness.org