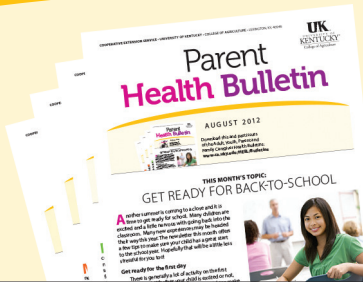


# Parent Health Bulletin



JULY 2013

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## THIS MONTH'S TOPIC: FOOD ALLERGIES

**A**round three million kids in the United States have a food allergy, most often involving peanuts or other nuts, seafood such as shrimp, milk, eggs, soy and wheat. It is important to understand a child's allergies and the symptoms so that you will be able to keep your child safe.

Common signs that a child might be suffering from food allergies include a runny nose, hives, tingling in the mouth, tightness in the throat, hoarse voice, coughing, vomiting, stomach pain or diarrhea. The signs typically affect the eyes, nose, and throat, breathing (lungs), skin and stomach. With more serious allergic reactions, several of these signs may occur at one time causing many difficulties for your child.

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**Food allergies most  
often involve peanuts,  
seafood, milk, eggs,  
soy and wheat.**



## *If your child has a food allergy, create a plan in case your child comes into contact with the food.*



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People may know they have a food allergy when these signs occur after eating a certain food. After this occurs, it is important to take your child to a healthcare provider. A healthcare provider will often do a skin test. During a skin test the healthcare provider puts very small amounts of the food on your child's skin to see how he or she reacts. Once an allergy is confirmed, your healthcare provider will discuss with you the best way to prevent and treat your child's allergy.

The most important thing to do is to completely avoid that food and anything that contains that food. Make sure to check food labels and ingredient lists for the presence of the food to which your child is

*Make sure to check food labels and ingredient lists for the presence of the food to which your child is allergic.*

allergic. Create a plan with your child and the provider about what to do if they do come into contact with the food. You should outline what to do, who to call and what medicines to take. You may need to share this information with a teacher or school nurse as well.

Children are sometimes allergic to foods that they really like. If possible, try to find a substitute for that food so that your child can still enjoy it from time to time.

While a food allergy may be an inconvenience, the steps you take will protect your child from a potentially serious reaction.

#### **SOURCE:**

[http://kidshealth.org/kid/health\\_problems/allergiesimmune/food\\_allergies.html#cat20562](http://kidshealth.org/kid/health_problems/allergiesimmune/food_allergies.html#cat20562)

Parent  
**Health Bulletin**

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