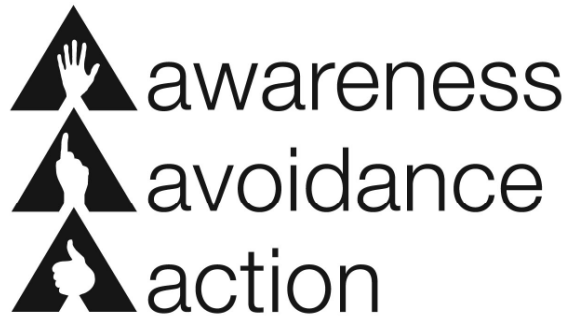


Being Allergy Aware means.....



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AWARENESS

Take severe allergies seriously. Food allergies are real and involve the body's immune system.

Anaphylaxis is the most severe form of allergic reaction and can be life threatening.

1 – 2% of Australians have some type of food allergy.

1 in 20 children and 1 in 100 adults have an allergy that could be life threatening.

The most common triggers of anaphylaxis are:

Food, insect and medication.

8 foods cause 90% of food induced allergic reactions. Peanut, tree nuts, egg, milk, fish, shellfish, sesame and soy

AVOIDANCE

Allergen minimisation is only one part of a multi pronged approach to allergy management.

Children with food allergy should be discouraged from sharing any food whilst in care or at school until they are old enough to read labels and make decisions on food safety themselves.

Read food ingredient labels before consuming packaged items.

When eating out, ask questions of the food service staff and chef before placing your order and if not sure, do not eat.

Be aware of cross contamination during food preparation and serving.

ACTION

Become familiar with the signs and symptoms of a severe allergic reaction.

Front line emergency care for an anaphylactic reaction in the community setting is adrenaline via an auto injector known as the EpiPen®

Learn the simple steps on how to administer the EpiPen®

If you've been prescribed an EpiPen® ensure you carry an Anaphylaxis Action Plan with your EpiPen® wherever you go.

Visit www.allergy.org.au or www.allergyfacts.org.au for an Anaphylaxis Action Plan