How You Can Be a PAL to Friends Who Have Food Allergies

1 Never take food allergies lightly.

It's hard to believe that foods most of us eat and enjoy every day can be harmful to others. But it's true! So if you learn that a friend has a food allergy, take it very seriously.

That means not joking around about it, or teasing kids who have food allergies. And never try to trick someone into eating food they're allergic to!

Most of all, try to understand that people with food allergies need your help to prevent serious allergic reactions.

2 Don't share your food with friends who have food allergies.

Kids love to share or trade food with each other. But for those with food allergies, that can be very dangerous. Never offer kids with food allergies anything from your lunch or snack. Why? Because it may contain an ingredient that's harmful to them. Even if you think the food is safe, it's still not worth the risk.

3 Wash hands after eating.

Washing your hands after you eat is very important. It's a good way to clean off any food that is on your hands. You'll probably get fewer colds, too!

4 Ask what your friends are allergic to and help them avoid it.

Learning what someone is allergic to is easy. (Just ask them!) Finding out if foods are safe to eat is another story. Even foods that have ingredient labels can be tricky, since food companies sometimes use scientific names instead of everyday names. (For example, did you know that casein is milk?)

So always remind friends who have food allergies to carefully check the ingredients of foods not brought in from home. If there's any question about a food, tell them not to eat it. Doing without a snack or treat is far better than a trip to the hospital!

Here are some other ways you can help:

- Avoid eating food that contains ingredients your friend is allergic to when that friend is nearby.
- For birthday parties and celebrations, celebrate with nonfood treats and activities, like games, stickers, songs, and prizes. They're just as fun—maybe even more so—and everyone will be safe.

5 If a friend who has food allergies becomes ill, get help immediately!

How do you know when someone is having an allergic reaction? Here are some of the symptoms:

- Vomiting
- Swollen face or lips
- Difficulty breathing
- Coughing, sneezing, and watery eyes
- Skin that's bumpy, red, and itchy

If a friend who has food allergies is showing these signs, tell an adult immediately. Tell them it might be an allergic reaction. Your quickness can help save a life!

Remember, an allergic reaction can happen anytime, anywhere, even several minutes after eating. So always be on the alert.

BE A PAL

Protect A Life™
From Food Allergies

No one knows exactly why, but more and more kids are becoming severely allergic to certain foods, especially peanuts, tree nuts (like walnuts, pecans, and almonds), milk, eggs, soy, wheat, fish, and shellfish.

Sometimes, if they eat, touch or even breathe a tiny amount of the food they're allergic to, they can become ill.

That's why kids who have food allergies need all of us to help keep them safe. You can help too and if you do a good job, you could become a PAL Hero and receive a special certificate!

Here are some of the ways you can Be A PAL and Protect A Life™ From Food Allergies.

Be A PAL Hero!

A PAL Hero is someone whose actions help prevent a serious allergic reaction, or even save a life. Your school may honor PAL Heroes with special recognition and award certificates. Someday, it might be you!

Just looking out for our friends who have food allergies, however, makes us all heroes. Save this brochure so you won't forget how to be a PAL, and Protect A Life™ From Food Allergies!

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For more information about food allergies, contact
The Food Allergy & Anaphylaxis Network
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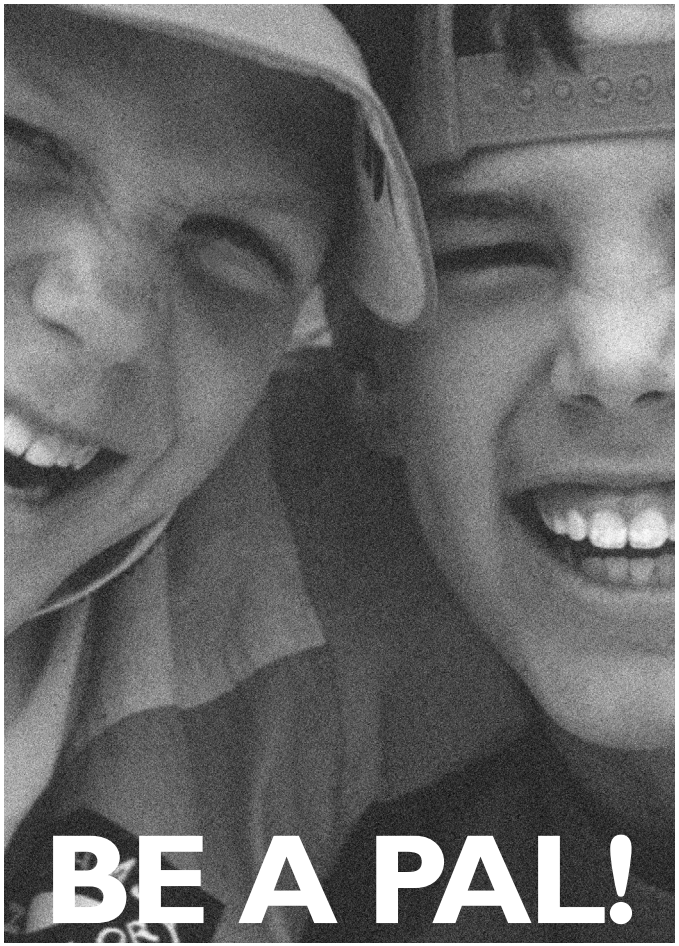
(800) 929-4040 www.faankids.org

The Food Allergy & Anaphylaxis Network



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