

# PREVENTION

## A.C.T. to Prevent Allergic Reactions

### Avoid Allergen:

- Oral ingestion is the most common way to have an allergic reaction to food. Before eating, read labels to avoid allergens. Ingredients change without notice, so **read labels every time**.
- Getting allergens on skin can cause a local rash and hives. Prevent severe reactions by keeping hands out of our eyes, nose and mouth.
- Inhaling cooking fumes, dust and crushed or powdered forms of food allergens can cause a reaction.
- **Cross contact** occurs when an allergen is accidentally transferred to an allergen-free food or object. Exposure by cross contact is a common cause of allergic reactions. It can occur from contact with surfaces, other foods, and with transfer of saliva.
- Prevent cross contact by cleaning surfaces. Soap + water or hand wipes work well to **clean hands**, but hand-sanitizing gels do not work.



### Communicate:

- All caregivers need to know about the allergy and know which allergens need to be avoided.
- Always have a way to reach emergency services, 911.



### Teach:

- Educate any caregivers responsible for the infant or toddler in avoidance strategies and emergency preparedness.
- Anyone responsible for serving or preparing their food must know how to read a label and how to prevent cross contact.

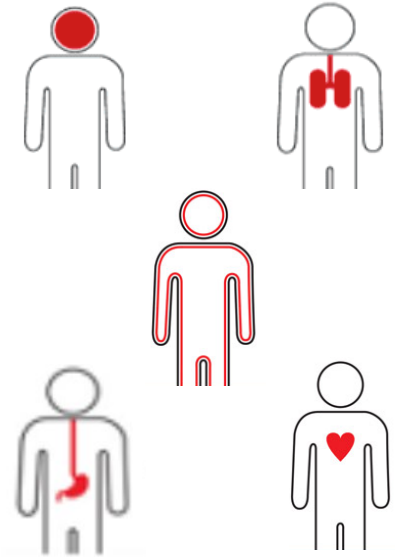


# EMERGENCY PREPAREDNESS

## Be Prepared to R.E.Act

### Recognize anaphylaxis:

- Anaphylaxis is a severe and life-threatening allergic reaction. It can start with mild symptoms and progress quickly.
- The longer this reaction goes without treatment, the more dangerous it becomes.
- People responsible for the child need to know which symptoms suggest a severe allergic reaction and when to use an epinephrine auto-injector.
- Anaphylaxis emergency care plans are created by a healthcare provider and should be available to help serve as a guide.



### Give Epinephrine:

- Epinephrine is the treatment of choice for anaphylaxis. This medication works fast and is safe. Doctors prescribe epinephrine auto-injectors to people with severe allergies.
- This life saving medicine should be kept close by at all times and someone must know when and how to use it.
- Two doses should be available, as some children need a second dose.
- If available, follow the anaphylaxis emergency care plan.



### Activate emergency response:

- If someone has a severe allergic reaction, they need to go to the emergency department in an ambulance immediately.
- Some clinicians have changed their recommendations in regards to calling 911 due to the COVID-19 pandemic, talk to your doctor about these recommendations.



*The above is intended to serve as a guide to assist in, not replace, training provided by the parents, daycare staff, healthcare provider, school nurse or designee.*