

# FOOD ALLERGY

## Babysitting and Drop-Off Form

Created to help teach friends, family, babysitters and others responsible for the care of children with food allergies

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TAKE ALL FOOD ALLERGIES SERIOUSLY ▪ TRACE AMOUNTS OF FOOD CAN CAUSE A REACTION

**PREVENTION** and **EMERGENCY PREPAREDNESS** are a constant must

### PREVENTION

#### Read Labels

Learn How to Read a Label for Food Allergens.\* Read Labels Every Time.

- Food allergens can be hidden in flavorings, colorings or other additives
- Allergens can be hidden ingredients, e.g. milk in canned tuna
- Ingredients may change without notice

\*You can learn about U.S. labeling for allergens at [www.fda.gov](http://www.fda.gov).

#### Cross-Contact

Cross-Contact is the Presence of Unintended Allergens.

**Do not share** utensils, dishware, cups, water bottles, or food. Wash dishes, utensils, cups, etc. thoroughly, with soap and water.

**Wash hands** well with soap and water or hand wipes, before eating or touching the face. Hand sanitizers don't work.

**Clean tables and eating surfaces** thoroughly with soap and water, commercial cleaners or commercial wipes. Allergens withstand heating and drying.

**Be aware of other sources of exposure** including: saliva from people or pets, sponges, dishrags, sanitizing buckets, aprons, food that touches the allergen, etc.

### EMERGENCY PREPAREDNESS

- **Epinephrine** (eg. Adrenaclick®, Auvi-Q™, EpiPen® or generic epinephrine auto injector) is the treatment for a severe allergic reaction.
- **Always have epinephrine auto injectors close by.**
  - Know how to give epinephrine.
  - Know when to give epinephrine.
  - Know where the auto injectors are located.
- **Have a Food Allergy Action Plan** available and review it with the parents.
- **After giving epinephrine, always call 911** or local ambulance service and tell them that a child is having an allergic reaction and may need more epinephrine.

### ▶ IMPORTANT CHILD CARE INFORMATION

For Emergency dial 911 or local Emergency #: \_\_\_\_\_

Child's Name: \_\_\_\_\_ Age: \_\_\_\_\_ Weight: \_\_\_\_\_

Child's Address or Current Location: \_\_\_\_\_

Food Allergies: \_\_\_\_\_

Drug Allergies: \_\_\_\_\_

Parent's Name: \_\_\_\_\_ Phone #: \_\_\_\_\_

Doctor's Name: \_\_\_\_\_ Phone #: \_\_\_\_\_

### QUICK TIPS

Know where your epinephrine and allergy action plan is located

Read all ingredient labels and avoid cross-contact

Ask parents about safe foods to give

If unsure, do not give the food in question

PROUDLY BROUGHT TO YOU BY



Please note that this is a quick tip sheet and is not all-inclusive. It is intended to augment, not replace, current food allergy training. For more detailed information and a list of resources, please visit [KidsWithFoodAllergies.org](http://KidsWithFoodAllergies.org) or [AllergyHome.org](http://AllergyHome.org). Online training modules can be found at [AllergyHome.org](http://AllergyHome.org).

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