

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.

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** 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 or AllergyHome.org. Online training modules can be found at AllergyHome.org.

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Rev. October, 2014