

BE

ALLERGY

AWARE



## DO YOU CARE FOR A CHILD WITH ALLERGIES?

If you care for a child with food allergies you should –

- Find out the foods the child is allergic to.
  - Remove these foods from the area to avoid contact with the child.  
(Tiny amounts of the food allergen could cause a severe reaction)
  - Ensure the child has suitable food while in your care (free from their allergen).  
Always remember to read the ingredients on the food labels carefully.
  - Ensure the work surface and utensils for preparing the allergic child's food has been thoroughly cleaned with soapy water before using.
  - Always wash your hands before handling the child's food to avoid cross contamination with his/her allergen.
  - Know how to recognise the symptoms of an allergic reaction.
  - Have an emergency plan in place in the event of the child having an allergic reaction.  
This should include receiving training in administering medication.
  - Keep the child's medication and emergency plan accessible at all times.
  - Act quickly if a child reports feeling unwell after eating.
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- Symptoms of an allergic reaction can appear within seconds or up to an hour after exposure to the allergen.
  - Allergies can be managed well with understanding and co-operation from family, friends and people who care for those with allergies.
  - Allergies can be a matter of life or death.  
Take allergies seriously, you could help save a child's life!



[www.beallergyaware.com](http://www.beallergyaware.com)

The information contained on this leaflet is not medical advice.  
Readers should consult their own doctor with their specific circumstances.