

UNDERSTANDING ALLERGIES

Use the colour coded letters to fill in the blank spaces.

The completed sentence will reveal my special message.



DECODE THE MESSAGE



L G R B



W A E Y

Can you find the list of allergies hidden in the wordsearch?

These are just some of the things people can be allergic to.



ALLERGY WORDSEARCH

G P X E G E D S G S D T
 E N E B P S T N G A H A
 G W I A S U A G I H H E
 E X M T N O E R F S V H
 I T E E S U Y I V I L W
 Q I E T D E T A B F M Y
 X R A W A L E S B L S B
 T F I S H L M B F L E U
 V M E D I C I N E E S U
 T I U R F Z S S I H A V
 Z Q R X T J K D Y S M O
 R D C X K Q P N M Y E F

BEE-STING
 WHEAT
 TREE-NUTS
 FRUIT
 SESAME
 EGGS
 PEANUTS
 FISH
 SHELLFISH
 MEDICINE
 SOYA
 DAIRY

I am Ana and this is my brother Phyl.

This is our booklet to help you understand allergies.



Show You Care
 Be Allergy Aware

The printing of this booklet was made possible thanks to a grant kindly donated by



Special Note: A Doctor must do special tests to check if a person has an allergy.

The information contained in this booklet is not medical advice. Readers should consult their own doctor to deal with their specific circumstances.



This is Ana and Phyl Axis. They are brother and sister. Ana has an allergy to nuts. Phyl does not have any allergies, but he helps Ana with her allergies every day.



Phyl reminds Ana to bring her special injection with her everywhere she goes. This injection is called an Anapen. The Anapen can only be used by a person trained to use it and could help stop Ana from becoming seriously ill if she has an allergic reaction.



When Ana and Phyl go to the shop Phyl reads the ingredients on the labels for his sister. He checks to make sure the food is safe for Ana to eat.



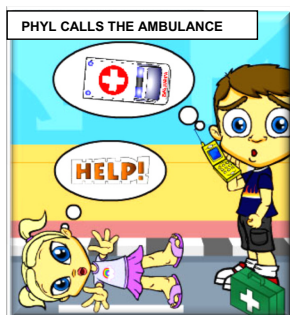
Ana's teacher is sending a note home with all the children in the class explaining how important it is not to bring food into school that contains nuts. If Ana ate some food containing nuts by accident, she would become very sick and would need urgent medical help.



Ana is like any other girl her age. She likes to go on her bike with her friends. Her friends know about her allergies and know that if Ana feels unwell they need to get help immediately.



Ana and Phyl love going to parties. Sometimes Ana has to bring her own food with her if she is not sure if the food at the party is safe for her to eat.



Phyl knows that if Ana has a serious allergic reaction that he must get her medical help immediately. He should get a trained person to give Ana her special injection and call an ambulance without delay. Ana must be brought to hospital to make sure she is alright.

ANA - PHYL - AXIS (Anaphylaxis)

Is the name given to a serious allergic reaction that affects the whole body.

TIPS



Wash your hands after you eat.



Know what your friends are allergic to.



Do not share food with a friend who has allergies.



Do not eat food containing nuts around friends with nut allergies.



Allergies can be very serious. If you think someone you know is having an allergic reaction tell an adult IMMEDIATELY.

HOW TO KNOW IF SOMEONE IS HAVING AN ALLERGIC REACTION

A person having an allergic reaction could have one or more of the following symptoms-

- Skin rash that looks bumpy, red and itchy
- Swelling of the face, lips or eyes
- Vomiting
- Weak, unable to stand
- Hoarse voice
- Difficulty breathing or talking

An allergic reaction can happen anytime, anywhere.

A reaction can happen by eating, touching or breathing in even a small amount of the food the person is allergic to.

Did you know?

An allergic reaction can happen a few seconds or even up to an hour after coming in touch with the item that the person is allergic to.



If you know someone who has allergies and they look like they are showing signs of having an allergic reaction tell the adult in charge immediately.

Your quick action could help save a life!

USEFUL WEBSITE ADDRESSES

www.irishanaphylaxis.org

www.allergyini.co.uk

www.anaphylaxis.org.uk