

# HOW TO LIVE WITH ALLERGIES

## 5 Tips From Me to You



Always be aware of your environment to avoid potential encounters with allergens.



Make an allergy pouch that contains all of your medications, and bring this pouch with you wherever you go.



Keep allergy information cards on hand to give to the head chef or anyone in charge of the food at an event you are attending.

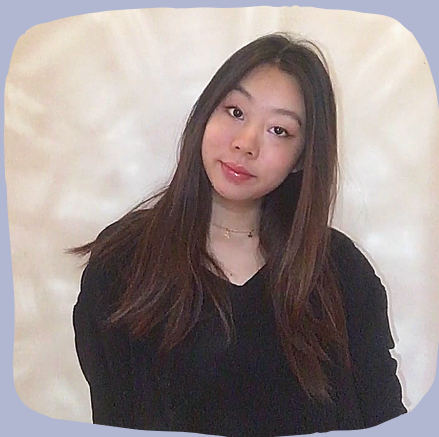


Teach your family, friends, teachers, and any close peers how to administer an EpiPen and how to take care of you during an allergic reaction.



Be patient with people who are unaware of your allergies and how to care for you. Explain to them clearly so they can be better informed.

**STAY SAFE AND DON'T BE AFRAID TO TRY NEW THINGS!**



Thank you for reading! Check out the downloadable links on my website to print this brochure and my other free allergy resources. Feel free to contact me with any questions or comments.

## RESOURCES

### INFORMATIONAL

[foodallergy.org](http://foodallergy.org)

[kidswithfoodallergies.org](http://kidswithfoodallergies.org)

[allergyhome.org](http://allergyhome.org)

[aaaai.org](http://aaaai.org)

[acaai.org](http://acaai.org)

### BLOGS, RECIPES, AND MORE

[allergicliving.com](http://allergicliving.com)

[theprettybee.com](http://theprettybee.com)

[zestfull.com](http://zestfull.com)

[eatingwithfoodallergies.com](http://eatingwithfoodallergies.com)

[allergicchild.com](http://allergicchild.com)

[allergyawesomeness.com](http://allergyawesomeness.com)

### ALLERGY FRIENDLY BRANDS

[enjoylifefoods.com](http://enjoylifefoods.com)

[sunbutter.com](http://sunbutter.com)

[miltonscraftbakers.com](http://miltonscraftbakers.com)

[partakefoods.com](http://partakefoods.com)

[nowheychocolate.com](http://nowheychocolate.com)

[schaer.com](http://schaer.com)

[bobsredmill.com](http://bobsredmill.com)

[glutino.com](http://glutino.com)

## DR. MINIKES

Neil Minikes, MD, FAAAAI is our medical consultant, and he has fact checked and reviewed this brochure.



**FOOD ALLERGY BROCHURE**  
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# WHAT ARE ALLERGIES?

Allergies are caused by a hypersensitive immune system that reacts to substances considered harmful to one's body. These substances are called allergens. Upon coming into contact with an allergen, the body produces an antibody called immunoglobulin E (IgE). This causes symptoms called allergic reactions. Allergic reactions vary based on the severity of one's allergy.

## 8 Most Common Food Allergies

Milk, Eggs, Fish, Crustacean Shellfish,  
Tree Nuts, Peanuts, Wheat, Soybeans

## Allergy Testing

SKIN TESTS, BLOOD TESTS,  
AND ELIMINATION DIET

## ALLERGIC REACTIONS

**SKIN:** hives, pale/blue skin

**GASTROINTESTINAL TRACT:** nausea, vomiting, stomach cramps, abdominal pain, diarrhea

**CARDIOVASCULAR SYSTEM:** weak pulse, dizziness, feeling faint

**RESPIRATORY TRACT:** swelling, shortness of breath, wheezing, coughing, tight throat, trouble swallowing

## ANAPHYLAXIS



Anaphylaxis is a potentially **life threatening** reaction that must be treated immediately with **epinephrine**. Symptoms often occur in **more than one** part of the body, and include, but are not limited, to the reactions listed above. Anaphylaxis can also cause **shock**, which causes blood pressure to drop, restricting oxygen flow through the body.

## Epinephrine

An epinephrine injection is used in the case of an **anaphylactic allergic reaction**. Epinephrine is a drug that opens up airways and tightens blood vessels. It is **vital** for anyone with anaphylactic allergies to carry around an epinephrine injecting device with them in the case of an emergency. The most common forms of epinephrine include the **EpiPen/Epipen Jr. Auto-Injectors** and the **Auvi-Q**.

## HOW TO USE

### An EpiPen

1. Take the injecting device out of its tube
2. Take off the blue safety release
3. Push the orange end into the outer thigh so it "clicks"
4. Hold for 3 seconds and release
5. Rub the spot for 10 seconds
6. Have someone call for emergency medical help