

Food Allergies

Student Name:	DOB:
Parent Name:	Number:
Practitioner Name:	Practitioner Number:
Allergies:	Medication:

SEE NURSE OFFICE FOR Food Allergy Action Plan

Overview

Food allergies are estimated to affect 4% – 6% of children and 4% of adults, according to the Centers for Disease Control and Prevention.

Food allergy symptoms are most common in babies and children, but they can appear at any age. You can even develop an allergy to foods you have eaten for years with no problems. (*Food Allergies | Causes, Symptoms & Treatment, 2022*)

Symptoms

Symptoms of an allergic reaction may involve the skin, the gastrointestinal tract, the cardiovascular system and the respiratory tract. They can surface in one or more of the following ways:

- Vomiting and/or stomach cramps
- Hives
- Shortness of breath
- Wheezing
- Repetitive cough
- Shock or circulatory collapse
- Tight, hoarse throat; trouble swallowing
- Swelling of the tongue, affecting the ability to talk or breathe
- Weak pulse
- Pale or blue coloring of skin
- Dizziness or feeling faint
- Anaphylaxis, a potentially life-threatening reaction that can impair breathing and send the body into shock; reactions may simultaneously affect different parts of the body (for example, a stomachache accompanied by a rash) (*Food Allergies | Causes, Symptoms & Treatment, 2022*)

Accommodations:

FOOD ALLERGY



ALLERGENS



SYMPTOMS



TREATMENT



PREVENTION



(Filimonova, 2020)

Created By:

Name:	Title:	Date:
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I have read and acknowledge:

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Reference

Filimonova, G. (2020, July 15). *Man with food allergy, symptoms and treatment. Red and itchy skin.* . . . iStock. <https://www.istockphoto.com/vector/man-with-food-allergy-symptoms-and-treatment-red-and-itchy-skin-allergic-reaction-to-gm1251517272-365270188>

Food Allergies | Causes, Symptoms & Treatment. (2022, November 7). ACAAI Public Website. <https://acaai.org/allergies/allergic-conditions/food/>