



# PAK's Home Care Food Allergy Handbook

1/25/2010

## I. My Child's/Children's Medical Information

\* Never leave home without your medical bag. Always be prepared.

Child's name #1 _____	Child's Name #2 _____
Picture 	Picture 
Parent's Names _____	
Address _____	
Mom's cell# _____	
Mom's work# _____	
Dad's cell# _____	
Dad's work# _____	
Allergist's # _____	
Pediatrician's # _____	
Neighbor's (other) # _____	
List of Food Allergies (add Asthma and Eos if applies with list of medications and instructions)	
Child #1 _____	Child #2 _____
Medical Conditions: _____	_____
Other allergies: _____	_____
<p><b>Note: Call 911 in an emergency and ask for Advanced Life Support.</b> <b>Check the expiration date of all medications.</b></p>	
List of Medications with Instructions for	
Child #1 _____	_____
Child #2 _____	_____

## II. Symptoms

### Food Allergies:

- MOUTH: itching, tingling, swelling of lips, tongue, mouth
- SKIN: hives, itchy rash, swelling of face or arms/legs
- GUT: nausea, cramps, vomiting, diarrhea
- THROAT: tightening, hoarseness, hacking cough
- LUNG: short of breath, coughing, wheezing
- HEART: thready pulse, fainting, pale or blue skin
- GENERAL: fear of impending doom

### Asthma:

- Coughing, especially at night
- Wheezing
- Shortness of breath
- Chest tightness, pain, or pressure

## III. How to read a label

<http://www.foodallergy.org/files/media/downloads/HTRLsheet.pdf>

- food proteins can be found in: foods, beverages, cosmetics, medications, pet food.

## IV. How to manage Play dates (Parties) at home or out

1. Designate an eating area (safe-zone)
2. Substitute similar food to the menu
3. Always bring your medicine bag in case of emergency (includes: antihistamine and epinephrine)
4. Bring wipes.
5. Keep offending foods away from your child.
6. Always keep a watchful eye on your child in play areas due to others having eaten allergic food. An allergic reaction may occur from touch, smell or even a kiss.
7. Food proteins may be in the public restrooms liquid soap. Bring your own.
8. Keep your child's hands clean at all times. Offer wipes to others. Wipe down chair and table.
9. No food sharing. Make sure utensils, plates and cups are clean.
10. Encourage your child to keep his hands away from his mouth and eyes.
11. Try to speak to host in advance to discuss danger foods to avoid a reaction.
12. An adult always needs to keep a watchful eye on your child.

## V. Favorite Allergy-Free Recipes

(This section is customized to the individual child's food allergies.)

## **VI. Cross Contamination**

### **What is it?**

Cross-Contamination is when a "safe" food (one that you are not allergic to) comes into contact with a "danger" food (like peanuts, tree nuts, eggs, fish, wheat, milk, soy...).

### **How does it happen?**

1. Manufacturers process foods on shared lines and may not clean them properly.
2. Restaurants may use shared cooking/serving utensils.
3. Accidental "danger" foods getting into your "safe" foods.

### **How to avoid it?**

1. During food preparation, always make sure all cooking supplies (pots, pans, measuring spoons, cutting boards, mixing bowls, spatulas, etc.) are cleaned thoroughly.
2. Have a separate toaster/waffle iron for your child.
3. Always read all labels carefully. Know what ingredients to avoid (ie. milk = whey/casein). Manufacturers change ingredients often.
4. Call the manufacturer to ask questions about shared lines, etc. If a product has a warning such as "processed in a facility that contains peanuts", do not feed it to your child until you have checked with the manufacturer. Remember, they can change the way they process foods without notice.
5. At home, keep all foods well sealed. You do not want cow's milk splashing/leaking on your child's food/beverages.
6. Create a labeling system at home. Use a green dot for "safe foods" and mark safe shelves in your cabinets, refrigerator and freezer.
7. Your child should have their own mayonnaise or jelly jar. Don't share.
8. Avoid buffets and don't mix safe and danger foods on the same table. Accidents can happen with serving utensils.
9. Avoid distractions when preparing and serving foods like the phone.
10. Sign up for FAAN's Free Food Allergy Alerts. [www.foodallergy.org](http://www.foodallergy.org) or US Food and Drug Admin recall list.
11. Always have clean hands.

## **VI. Cross Contamination (continued)**

12. Teach your child safety tips like no sharing cups/utensils.
13. Wipe down shopping carts, chairs, tables, groceries. Keep extra wipes, water bottles and snacks in the car for spontaneous stops.
14. Avoid cooking danger foods at high temps on the stove for air borne allergies. Send child to another room if cooking danger foods.
15. Brush teeth after eating danger food. A child can have a reaction from a kiss.
16. Beware of lotions, meds, cosmetic, soaps with hidden ingredients.

## **VII. Travel/Eating Out**

### ***Travel Tips:***

- Bring safe foods/beverages with you. (example: I pack bread, cereal, cupcakes, snacks, soy milk in a suitcase.)
- If you encounter a problem at a hotel, ask to speak to the General Manager.
- When traveling, always carry wipes.
- Request a smoke-free, pet-free room.
- Know where the nearest hospital is located, wherever you go.
- Find a health food store nearby.
- Post medical information on fridge in case of emergency.
- Consider bringing sheets from home.
- Avoid ice mess with a portable cooler, such as the Coleman PowerChill Cooler, which plugs into a car cigarette lighter or uses a 120V power supply convertor.
- Several attendees had safe, successful flying experiences on JetBlue and Southwest.
- Notify airlines in advance of food allergies and remind them when you check in. Try to book first morning flight, if possible. Arrange to board plane in advance so you can wipe your seats and check underneath for stray food/peanuts that may cause a reaction. Check and re-check with personnel throughout the flying process to ensure a safe experience.
- Write thank you notes to airline and hotel staff for accommodating your child's needs.

## VII. Travel/Eating Out (continued)

### *Tips on Eating Out:*

- Wipe down chair and table.
- Ask to speak to chef and manager
- Review cross contamination factors
- Don't use soap from public restrooms. May contain food proteins like dairy, soy or nuts.
- Always have your emergency medications easily accessible.
- Keep all hands clean.
- Seat your child in a safe area away from allergic foods.
- Inspect utensils, plates and cups for cleanliness. Ask for them to take plate-setting from the dishwasher or if possible, bring your own.

## VIII. Daily Reminders:

1. Wash hands before and after eating.
2. No food sharing.
3. Keep meals to a schedule and in a designated area.
4. Read labels when purchasing, when storing and before serving.
5. Call manufacturers to ask about cross contamination. Ask to speak with someone from Quality Control if you are not comfortable with the information.
6. Always keep emergency medicine bag in the same area.
7. Keep your child's medical bracelet up to date.
8. Put the expiration dates of medicines on calendar a couple of weeks prior to actually expiring and periodically recharging the portable nebulizer since it runs out of juice if not used for a certain period of time.
9. Update the emergency information you put on the kids' car seats (car seat safety pack at [safetysticker.com](http://safetysticker.com)). And making sure they are in their correct seats.
10. Carry a medicine bag even for the non allergic child since they can develop allergies at any time and it running in the family puts them at a higher risk.

## IX. Medical History

(description) \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

- Add copy of school emergency action plan
- Sample letters from the school to parents
- Doctor's note to the school
- Copy of 504 Plan or IEP
- Copy of latest test results

## **X. How to hire a Babysitter**

1. Always check references.
2. Make sure they are trained in CPR.
3. Hire the babysitter as a mother's helper in the beginning so she can get to know your methods of keeping your child safe.
4. Leave a written letter authorizing treatment in the event of an emergency.
5. Have your medical bag with instructions in an accessible area.
6. Leave all telephone numbers and the location of where you will be.
7. Review medical instructions with the sitter routinely.
8. Keep a copy of your emergency plan for each allergic child visible (or a copy of this handbook).
9. If allergy/asthma symptoms are not under control, do not leave your child.
10. Teach your child about their food allergies as early as possible. Tell your sitter what words he would use.
11. Feed your child before you go out. Leave meals, drinks and snacks for the time frame that you will be gone.
12. Never ask the babysitter to prepare your child's food. Ask her to keep allergic foods/drinks away from your child. Ask her to brush her teeth and clean her hands before arriving.

## **XI. How to Care and Storage your EpiPen/Twinject:**

1. In a dark place at room temperature (59-86F)
  2. Do **not** refrigerate
  3. Do **not** expose to extreme cold or heat
  4. Examine contents in clear window periodically
- (\*source: FAAN)

-

Cristina Stainkamp,  
President & Co-founder  
Protect Allergic Kids (PAK)  
PO Box 227  
Holtsville, NY 11742  
phone: (631) 207-1681  
[www.protectallergickids.org](http://www.protectallergickids.org)  
Disclaimer:

PAK is not a professional or medical organization. It is a group of parents sharing information and supporting each other. The discussions, meeting minutes, handouts, guest speakers, agendas, and other products of our support group do not constitute medical/legal advice and should not be relied upon as such. Always discuss individual health questions and medical issues with a qualified personal physician.

PAK is a registered 501(c)(3) nonprofit organization, and a registered charity with the State of New York.