

## Food Allergies

Your child has been diagnosed with a food allergy. Here are some tips to help you and your child cope with them.

- You should have injectable epinephrine with you all the time.
- You should have either liquid or chewable Benadryl (diphenhydramine) or Zyrtec (cetirizine) with you, too. The liquid or chewable forms work faster than swallowed pills.
- Make sure that everyone who takes care of your child knows how and when to give the medicines.
- Your child should also have injectable epinephrine and an antihistamine available at school or their childcare setting at all times.
- Your child should wear a medic-alert bracelet or necklace.

Have a written Food Allergy Action Plan available for all caregivers.

## Helpful Resources

- Consortium of Food Allergy Research (COFAR) group: [www.cofargroup.org](http://www.cofargroup.org) – look at “food allergy education program” on left toolbar for information about school, childcare, leading a healthy and balanced lifestyle, and avoiding cross contamination.
- Food Allergy Research and Education (FARE) group: <http://www.foodallergy.org>
  - Information on how to avoid particular foods and read labels: <http://www.foodallergy.org/allergens>
- Food Allergy & Anaphylaxis Connection Team: <http://www.foodallergyawareness.org/>

## Food allergy management can be stressful.

We can help with nutrition and/or psychological (health and behavioral) concerns. We want to make coping with this as easy as possible. Don't be afraid to ask us for help by calling 720-777-2575.