







## Be part of our allergy aware community

### 6 STEPS every parent or carer should take today

Food allergy continue to increase at alarming rates, 1 in 10 Australian infants now have food allergy. The most common food allergies in childhood are cow's milk, egg, peanut and tree nut. The foods that trigger 90% of food allergic reactions in Australians include cow's milk, egg, peanut, tree nut, sesame, soy, wheat, fish and shellfish.

Below are six steps to make children/students/parents and or carers/teachers more allergy aware.

CARE 	TALK 	LEARN 	KNOW 	INFORM 	SHARE 
<i>...for everyone in the community.</i>	<i>...with family, friends and colleagues about food allergy</i>	<i>...what you can do to reduce the risk of an allergic reaction</i>	<i>...what is in the food you offer and take appropriate care</i>	<i>...others about your or your child's food allergy</i>	<i>...the load</i>
By asking about food allergies when planning play dates, get togethers, birthdays or school functions.	Help them understand how they can keep their friend safe i.e. by knowing what the friend is allergic to, washing hands after eating, taking it seriously. Talk to schools/teachers about their anaphylaxis management strategies.	Know the facts about food allergy. Visit <a href="http://allergyfacts.org.au">allergyfacts.org.au</a> and <a href="http://allergy.org.au">allergy.org.au</a> <b>ALWAYS</b> Take food allergies seriously.	Read labels and be aware of what is in the food you serve. Know where the individual keeps their Action Plan and adrenaline auto injector (i.e. EpiPen)	If a child you are caring for has a food allergy follow the child's parent's/carers instructions closely.	Food allergies can be life-threatening but with the support of an allergy aware community, we can help minimise risk.

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