

No-one knows exactly why some kids are becoming severely allergic to certain foods

SUCH AS: *peanuts, milk and egg*

If they eat a tiny amount of the food they're allergic to, they can become very sick... and some have even died because of food allergy!

We all need to know about food allergies and how to keep each other safe.

Here are some of the ways you can... be a real **M.A.T.E.**

Adapted with permission from the Be a PAL: Protect a Life from Food Allergies programme developed by the Food Allergy & Anaphylaxis Network, www.foodallergy.org



Be a real **M.A.T.E.**!

A real **M.A.T.E.** is someone whose actions help prevent a serious allergic reaction, or even save a life.

Some schools honour real **M.A.T.E.S.** with a special recognition and award certificates.

By looking out for our friends' allergies makes us real **M.A.T.E.S.** Save this brochure so you won't forget how to be a **M.A.T.E.** and

Make Allergy Treatment Easier..

For more information about food allergies, contact:



Allergy & Anaphylaxis Australia

Your trusted charity for allergy support

Ph: 1300 728 000
www.allergyfacts.org.au

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Be a
Mate

Making Allergy Treatment Easier



Developing anaphylaxis awareness through education, research and support



Allergy & Anaphylaxis Australia

How YOU can be a real MATE to your schoolmates who have FOOD ALLERGIES



1. Always take food allergies seriously.

It's hard to believe that foods most of us eat and enjoy everyday can be harmful to others. But it's true! So if you learn that a school mate has food allergies, take it very seriously. It's no joke, don't bully or tease kids who have food allergies. Never try to trick someone into eating food they're allergic to!

2. Don't share food with friends who have food allergies.

Kids love to share or swap food with each other. But for those with food allergies this can be very dangerous.

Never offer kids with food allergies anything from your lunch or recess. Why?

Because it may be harmful to them. Even if you think the food is safe, it's still not worth taking the risk.

3. Wash hands after eating

This is very important, since just a small amount of food on your hands can get on desks, books and many other things, and if someone who is allergic touches these things they can have a reaction. The best way to prevent this is simply to wash your hands before and after eating.

4. Know what your friends are allergic to.

Learning what someone is allergic to is easy. (just ask them!) Finding out if foods are safe to eat is another story. Even foods that have ingredient labels can be tricky, since food companies sometimes use scientific names instead of everyday ones. (For example, did you know that casein comes from milk?).

Doing without a snack or treat is far better than a trip to the hospital! Here are other ways you can help. Avoid bringing lunches or treats to school that contains foods your friend is allergic to.

For school birthday parties and celebrations, celebrate with non-food treats and activities, like games and stickers.

They're just as fun, maybe even more so and everyone will be safe.

5. If an allergic schoolmate becomes sick, get help immediately, even if they don't want you to!

How do you know when someone is having an allergic reaction? Here are some of the symptoms.

- Vomiting
- Swelling of the face and lips
- Skin that's bumpy, red and itchy
- Difficulty breathing
- Coughing, sneezing and watery eyes

If a school mate who has food or insect sting allergies is showing these signs, tell the teacher or person in charge immediately. It could be an allergic reaction.

Your quick action could help save a life!

Remember, an allergic reaction can happen anytime, anywhere, even several minutes after eating.

So always be aware!

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Mate

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