

# DENVER CITY ISD

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## FOOD INTOLERANCE INFORMATION SHEET

The most widespread food allergies are related to milk, eggs, shellfish, wheat, soy, **NUTS, PEANUTS AND PEANUT** products. Unlike a mild allergy to spring flowers, a food allergy can be life threatening. It is very important for someone with a food allergy to avoid eating anything that contains the allergic substance. NUT & PEANUT allergies may be so severe that a child may have a reaction to the smell of peanuts or the touch of any peanut oil or peanut product.

An allergic reaction occurs when the body detects the presence of a substance or food that it deems harmful. In an attempt to protect the body, the immune system produces antibodies and releases chemicals, such as histamine, into the bloodstream. The chemicals released cause many different reactions. Each allergic reaction is unique. An allergic reaction can be mild or severe; can happen immediately or a few hours after a person eats. The best treatment for food allergies is to simply avoid the foods.

Some **MILD** SYMPTOMS of an allergic reaction are:

- Runny nose
- Irritated eyes
- Itchy skin rash/hives
- Tingling in the tongue or lips

Some **MODERATE** SYMPTOMS of an allergic reaction are:

- Burning sensation in the mouth
- Nausea and/or vomiting
- Diarrhea
- Stomach pain

Some **SEVERE** SYMPTOMS of an allergic reaction are:

- Tightness in the throat
- Difficulty swallowing and/or talking
- Coughing and/or wheezing
- Seizure like symptoms/convulsions
- A sense or feeling of doom
- Loss of consciousness

In the most serious cases, an allergic reaction can cause **anaphylaxis**. This is a sudden, severe reaction in which several problems occur all at once. Anaphylaxis constitutes a **MEDICAL EMERGENCY**. Treatment must be initiated immediately! **Students with suspected allergic reactions must be escorted to the clinic/office immediately or you may need to send another student for the help if needed.**