



CHAPTER 3

HANDY GUIDE ON FOOD ALLERGY AND ANAPHYLAXIS

The symptoms of anaphylaxis following a food allergy usually involve more than one part of the body. Some symptoms that can be observed include:



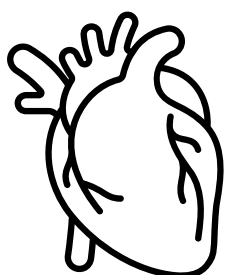
Brain

Feeling like something awful is about to happen



Skin

Rashes, itching and hives



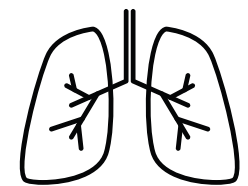
Heart

Dizziness and/shortness of breathe



Mouth

Feeling of something not nice about to happen.



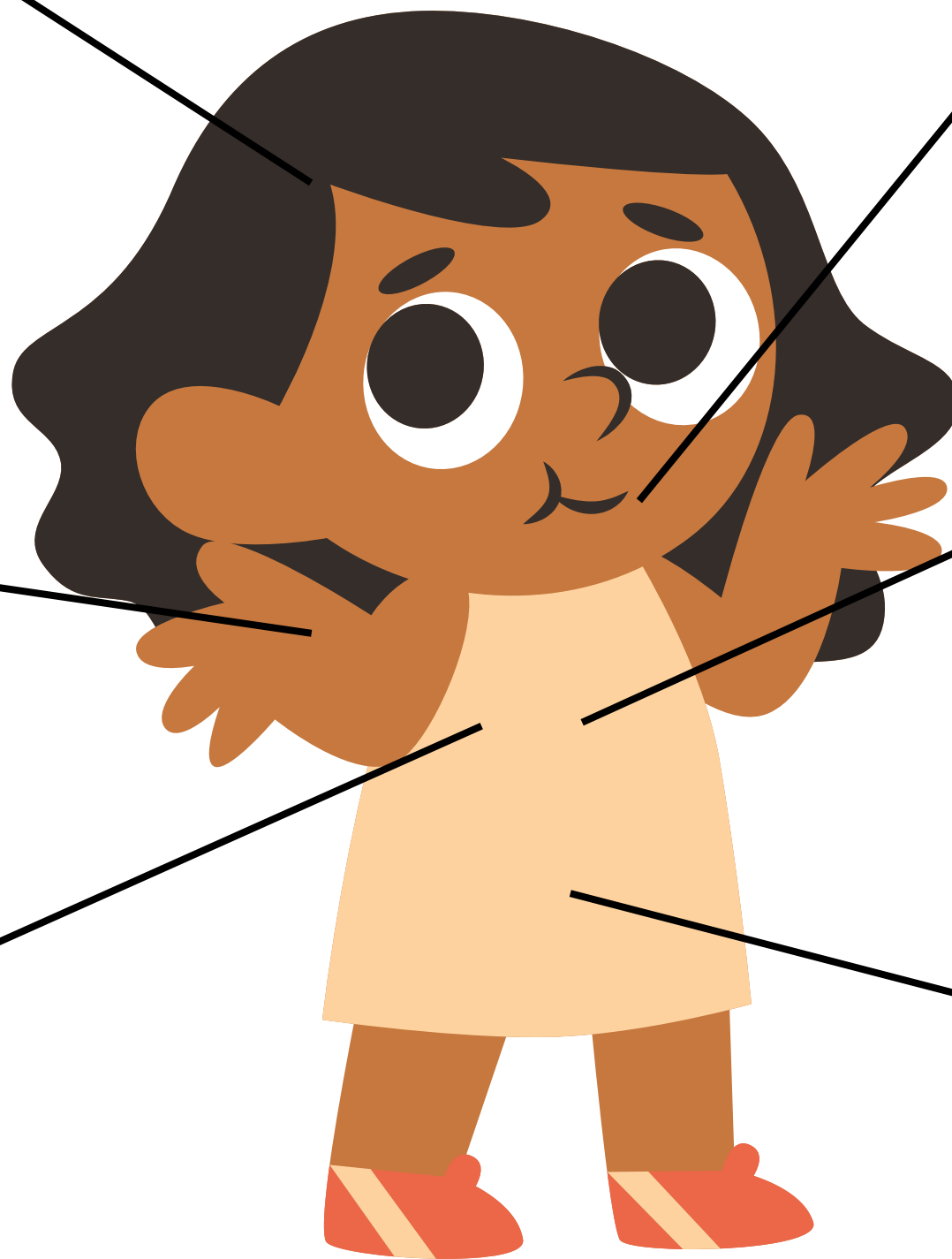
Lungs

Shortness of breath, trouble breathing, wheezing



Stomach

Stomach pain/ ache, vomiting or diarrhoea



Do discuss these signs with the child with sever allergies so that they are able to know what to look out for should anaphylaxis occur following a food allergy. This can easily be printed and kept in a visible location accessible to the child.