

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 wear a medic-alert bracelet or necklace.

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

Here are some resources that you might find helpful:

- Consortium of Food Allergy Research (COFAR) group: 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.