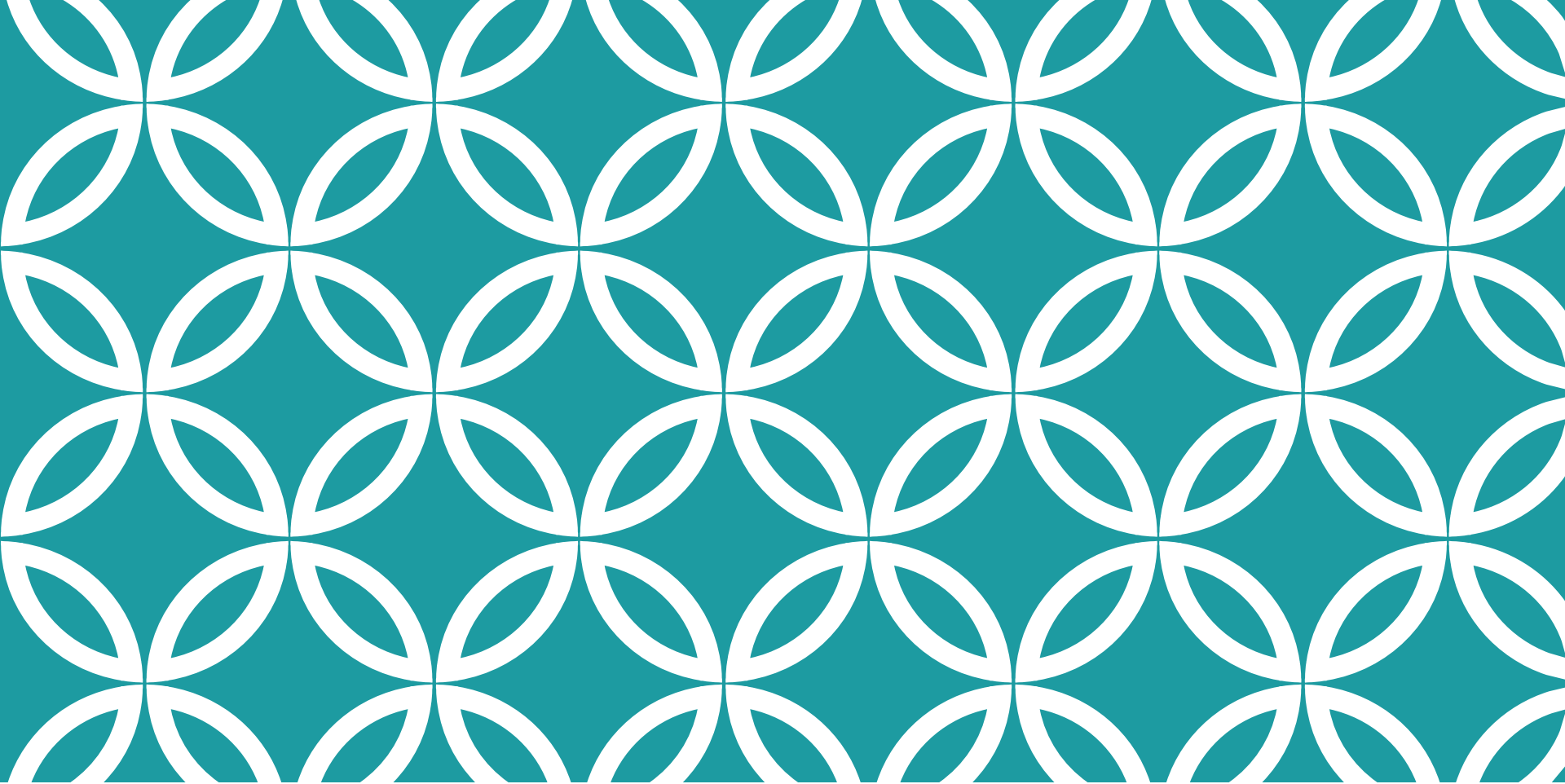


A Day In The Life of Chloe



Food Allergy
Awareness
Presentation



WHAT IS A FOOD ALLERGY?



It is an immune system response to a food that the body mistakenly thinks is harmful.

❖ **There are lots of different foods that people can be allergic to, the most common allergies are milk, wheat, gluten, nuts, fruit and eggs.**

❖ **Some allergens may be hidden in other things for example strawberries may be hidden in ingredients like *'fruit juice'* or *'fruit sugars'*, shampoos, shower gels and cosmetics.**

❖ **Chloe's allergy is also airborne so she can be affected just by being in the same room as someone who has been eating strawberry products. This can trigger a very serious reaction called *'anaphylaxis'*.**

There is no cure for food allergies, the only way to prevent an allergic reaction is to strictly avoid the food that causes this reaction.



WHAT ARE THE SYMPTOMS OF AN ALLERGIC REACTION?

MILD SYMPTOMS:

- ❖ Hives (itchy red spots on the skin)
- ❖ Itching
- ❖ Nasal congestion (known as rhinitis)
- ❖ Rash
- ❖ Scratchy throat
- ❖ Watery or itchy eyes



WHAT ARE THE SYMPTOMS OF AN ALLERGIC REACTION?

SEVERE SYMPTOMS:

- ❖ **Swollen tongue**
- ❖ **Hoarse voice**
- ❖ **Difficulty swallowing**
- ❖ **Difficult or noisy breathing, wheeze, persistent cough**
- ❖ **Collapsing, losing consciousness**



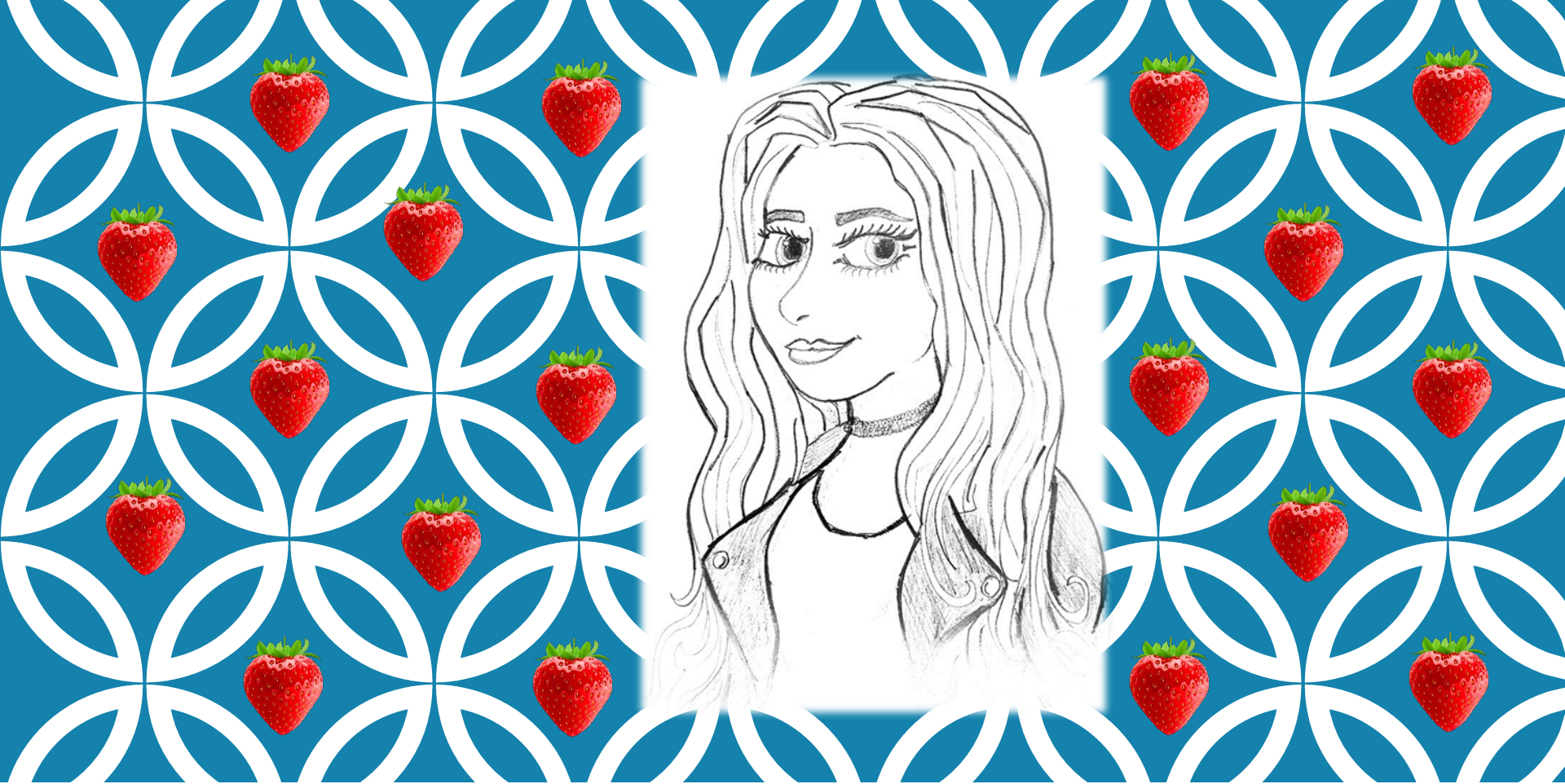
Allergic reactions can be mild, moderate or severe. In some cases they can be life threatening. This is known as **anaphylaxis**.

❖ Anaphylaxis is a serious allergic reaction that comes on quickly and has the potential to become life-threatening.



❖ It requires immediate medical treatment, including an injection of adrenaline and a visit to hospital.

❖ Sadly there are around **10 -15 deaths per year caused by allergy** , including, food, latex, drugs and venom.



A Day In The
Life of Chloe



Film

FOOD ALLERGIES ARE INCREASING

- **One in three of the UK population, or 21 million people, live with an allergy of some form and this number is increasing at an alarming rate. (*Mintel, 2010*)**
- **Hospital admissions in England for allergy and anaphylaxis have risen by more than a third in the last five years. (*NHS Digital.*)**
- **On average one person every 5 minutes is diagnosed with a nut allergy (*Allergy UK*)**

Because of this, it is important that everyone becomes more allergy aware and recognises that this is more than just being a 'fussy eater' or a 'fad'. For some people it really is a matter of life or death!

MEGAN LEE



- ❖ **Megan was 15 years old, a keen singer, dancer and member of the ReAct Academy of Theatre Arts. She attended St Christopher's High School Academy, Accrington.**
- ❖ **Megan had a nut allergy that she managed well.**
- ❖ **Unfortunately, on News Year Day 2017 she died from acute asthma due to her nut allergy after eating a takeaway meal.**
- ❖ **Megan's parents are keen to raise awareness of the seriousness of food allergies in her memory.**



TRUST AND SAFETY — EATING OUT

Scenario 1

A new person joins your team with a nut allergy and you are going out for a meal as a team.

What would you do ?

What you should do

Encourage your colleague to phone the restaurant in advance, if possible and speak to staff to ensure their food choice is safe.

If staff can't confirm the safety of the food your colleague must not eat it.

Suggest you all go to eat some where else.

TRUST AND SAFETY — EATING OUT



Scenario 2

You're in the staff canteen on a lunch break, and your colleagues lips start to tingle. This is usually a warning sign for them that an allergic reaction is starting.

What would you do ?



What you should do

- **Make sure your colleague stops eating immediately.**
- **Help them find their adrenaline auto- injector. Help them to get it ready to use in case they develop any symptoms of anaphylaxis. For some people it is advisable to use this immediately. Call 999 straight after using an AAI.**
- **Get a sample of the food they have been eating, if possible.**
- **If they are eating food purchased from the staff canteen, tell the catering staff what is happening.**
- **If your colleague feels sick and needs to go to the toilet or outside for some air, don't let them go alone and don't let them lock the toilet door.**
- **Call a manager, tell them you think your colleague is having an allergic reaction. If symptoms worsen help your colleague administer their auto-injector, following the instructions and call 999 stating you have a patient with anaphylaxis.**

FEELING DIFFERENT



“Food allergies make us different, it can be really scary, we can’t eat the foods that many people enjoy, we have to read labels and carry an epi-pen around. We have to make people aware and be observant. We have to stand up for ourselves, not afraid to speak up and be brave – it’s not easy telling your friends that you can’t eat food at their parties, go out for a meal or picnic. You may not want to tell them about your food allergies because you don’t want to feel embarrassed or left out. You don’t want to be labelled as the ‘allergy kid’ or the person with a serious medical condition. But you should not be ashamed about telling people about your allergies, you are never on your own”



BEING KIND



Scenario 3

A colleague tells you that they have something they are embarrassed about, and they want to tell you. They have a serious food allergy which means they can't eat particular foods

What would you do ?



What you should do

- **Be kind and supportive**
- **Listen to your colleague and ask how they manage their allergy**
- **Respect their wishes if they ask you not to have certain foods around them**
- **Don't share food with people with allergies – there may be a hidden allergen.**
- **Take their allergy seriously – it is not a joke!**
- **Find out about their symptoms and what you should do in the event that they have a reaction**
- **Encourage your colleague not to be embarrassed and to tell as many people as possible**

MY COLLEAGUE HAS A FOOD ALLERGY HOW CAN I HELP?

- ❖ **Find out which foods your colleague is allergic to and what the symptoms of a reaction are. The more familiar you are with what can happen, the easier it will be for you to identify triggers.**

Remember these can vary each time – a rash, a tingling in the tongue or mouth or trouble breathing.

- ❖ **If you see a colleague about to eat something you suspect will trigger an allergy – speak up. This is important at times when a colleague may be distracted or not paying attention. Drinking alcohol can sometimes interfere with a person's ability to make good decisions.**
- ❖ **People who "get it" can help those with allergies feel less alone and offer emotional support.**

WHAT CAN YOU DO NEXT?

- ❖ Please spread the word about how serious allergies can be
- ❖ Please share 'A day in the life of Chloe' on social media
<https://www.youtube.com/watch?v=ADZ-mCJ-mrY>
- ❖ Take the time to learn about how to help any colleagues with allergies
- ❖ We believe that young people with allergies will be part of the workforce of the future so its vital for us all to do our bit to keep them safe

BE FOOD ALLERGY AWARE!

#bekind

#takeallergyseriously

Thank you for participating

