

Food Allergy Kids

Education • Advocacy • Support of Atlanta

FAK membership is FREE!

Your free membership includes access to:

- School and Restaurant Advocacy Services
- FAAN's Safe@School Training for Your School
- FAK Support Group Meetings & Children's Events
 - Food Allergy Resources & Professionals
- All FAK Community Outreach & Awareness Programs

Founded in 2010, Food Allergy Kids of Atlanta (FAK) is Georgia's first formal food allergy support group serving families and communities across the state.

FAK relies on the advice and guidance of our Medical Advisory Board with regard to all medical issues. The members of our Medical Advisory Board are distinguished researchers & clinicians in allergies, asthma, & related fields.

Register today at:

www.fakids.org

(404) 512-7983

A NAPHYLAXIS

- **Who**

Anyone with a previous history of anaphylactic reactions is at risk for having another severe reaction. Also at risk are those with a personal or family history of allergic conditions. Individuals who have asthma in addition to food allergies may be at increased risk for having a life-threatening anaphylactic reaction to food. Food allergy is more likely to develop in someone who has family members with allergies.

- **What**

Anaphylaxis (an-a-fi-LAK-sis) is a serious allergic reaction that typically comes on quickly and may cause death. Without immediate treatment, anaphylaxis can be fatal.

- **When**

Anaphylaxis is triggered when the immune system overreacts to a usually harmless substance (an allergen such as peanut or penicillin) causing mild to severe symptoms that affect various parts of the body. Symptoms usually appear within minutes to a few hours after coming in contact with the allergen.

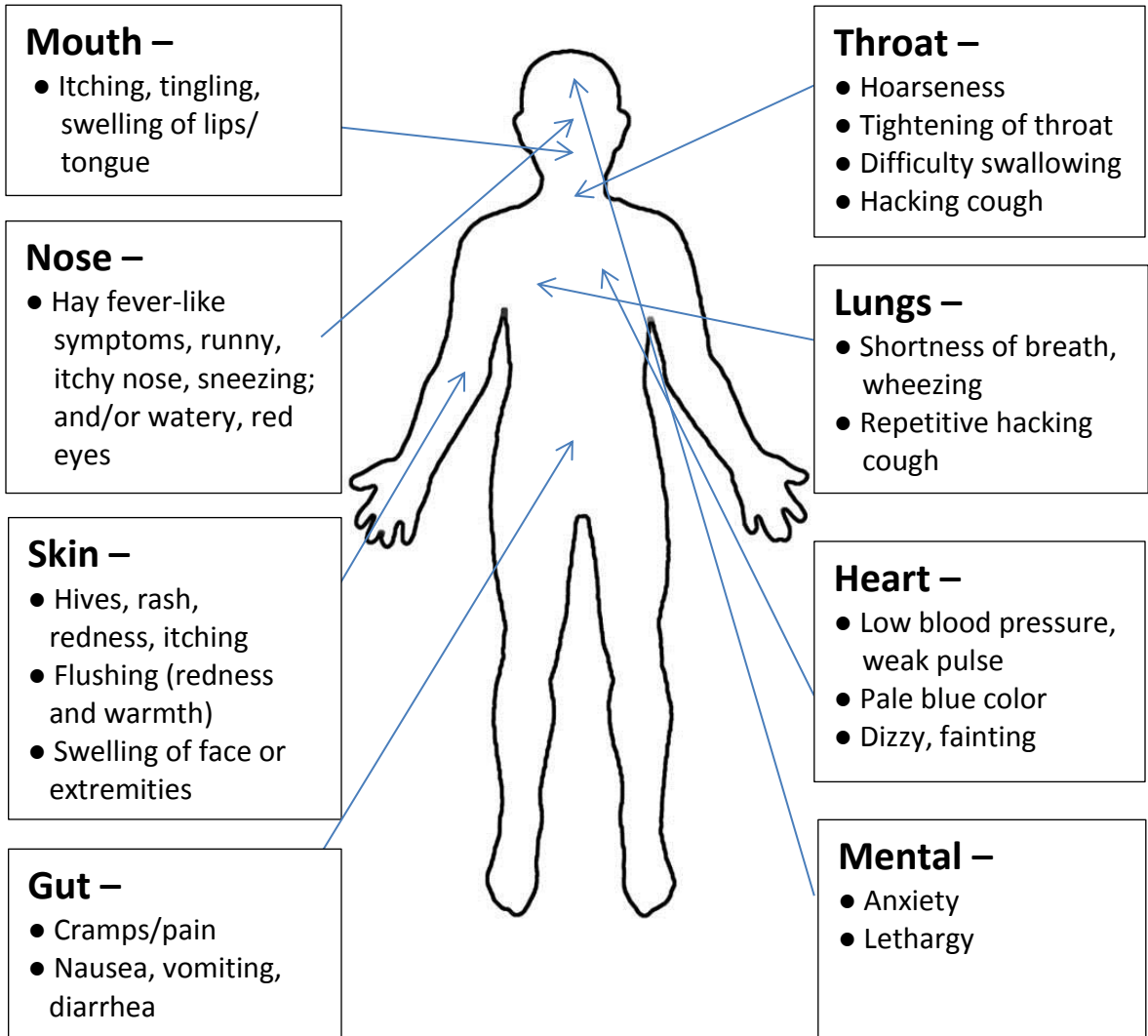
- **Where**

Food allergy and anaphylaxis affect millions of people globally. Scientists estimate that as many as 15 million Americans suffer from food allergies, including 6 million children.

- **How (treatment and management)**

The best ways to manage your condition are to avoid the allergen and be prepared for an emergency! If you are at risk of anaphylaxis, carry auto-injectable epinephrine (adrenaline). Complete an Anaphylaxis Action Plan and keep on file at work, school or other places where others may need to recognize your symptoms and provide treatment. If you think you are having an anaphylactic reaction, use your auto-injectable epinephrine and call 911 immediately. **Your life depends on this!** Don't take an antihistamine or wait to see if symptoms get better. The sooner the reaction is treated, the less severe it is likely to become. If you have taken medications and are feeling better, go to the hospital anyway to be sure your reaction is under control.

Anaphylaxis Symptoms



- Allergic reactions are unpredictable: they may present and progress differently than previous reactions AND a seemingly mild reaction can turn serious very quickly.

- An individual experiencing anaphylaxis may show no skin symptoms – no hives, no rash, no swelling.

- If you think you are having an anaphylactic reaction, use your auto-injectable epinephrine and call 911 immediately. Your life depends on this!

What do Educators Need to Know?

With not only the increase of students entering school with food allergies, but also the increase of food allergies and other dietary restrictions in students entering school, we understand the need to support schools in Georgia. Our trained volunteers are available to provide in-service training for your school staff and administration. Topics covered during the presentation include:

- Comprehending the basic food allergy medical facts
- Avoiding the allergen
- Recognizing the signs and symptoms of an allergic reaction
- Enacting emergency protocol
- Georgia House Bill 227 (allowing schools to keep stock epinephrine on school grounds; allowing staff members to administer epinephrine to students, even without a prescription)
- Cleaning methods
- Creating school policy
- Teacher resources, provided with the presentation

Schools participating in our in-service training program receive a certificate of commendation after completion of the 1 hour training, good for one year. Schools will also receive a copy of FAAN's Safe@School program to be used in their schools, as a resource and training program for future faculty meetings. Please note, donations are based upon current inventory.

Food Allergy Kids of Atlanta is recognized through the following national food allergy organizations: The Food Allergy & Anaphylaxis Network, The Food Allergy Initiative, and Kids with Food Allergies. Our trained volunteers have provided in-service training to numerous schools throughout Georgia, including annual district school nurse training's.

Please contact Food Allergy Kids of Atlanta today to schedule an in-service food allergy presentation for your staff and administration.

Local Support

Food Allergy Kids of Atlanta
Serving Georgia communities

www.fakids.org
(404) 512-7983

Membership is FREE!

**FREE Resources, In-Service Training, Support Group Meetings,
Children's Events, Downloads, and More!**

Contact Food Allergy Kids of Atlanta for more information about local support in your area!

National Support

The Food Allergy & Anaphylaxis Network
www.foodallergy.org
Membership \$50
FREE Resources and downloads!

The Food Allergy Initiative
www.faiusa.org
Registration is FREE!
FREE Resources

Kids with Food Allergies Foundation
www.kidswithfoodallergies.org
Basic membership is FREE!
Upgraded membership \$25
FREE Resources!