

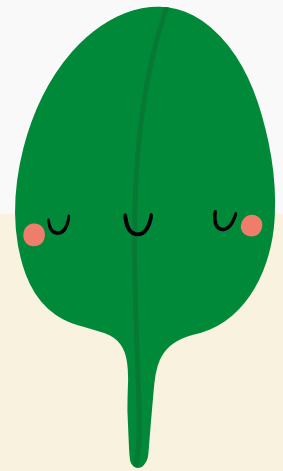
## FOOD ALLERGIES IN CHILDREN

Children are particularly vulnerable to food allergies, **especially if they are under three years old**. These allergies can occur at any time during childhood and can cause a variety of symptoms such as rhinitis, dermatitis, asthma, and shortness of breath.

When a child develops a food allergy, it is important to discover **what type of allergen is causing their symptoms**. The most common allergens for children are food, meals, and dairy products. Allergens can be found not only in food, but also in clothing, cleaning products, and air.



8% of children are affected  
by food allergies  
or roughly 2 students  
per classroom



## BE ALERT TO CHANGES

It is important to be alert to any changes in the child's eating habits, as well as symptoms related to food allergy. **Initial symptoms may be similar to those of a common seasonal allergy**, such as coughing, sneezing, nasal congestion, stuffy nose, and headaches. As the food allergy worsens, symptoms can worsen, resulting in rash, hives, breathing problems, vomiting, and diarrhea.

### Identify the symptoms

The first step is to recognize the signs of an allergic reaction in the child, such as hives or urticaria on the skin, difficulty breathing, swelling in the eyes or face, and/or vomiting.



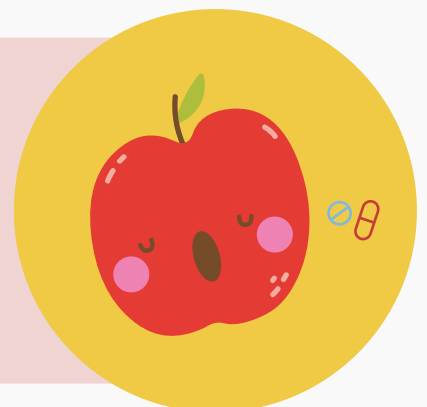
### Call emergency services

If the child has difficulty breathing, has swelling in the face, tongue, or throat, or shows signs of shock (cold and sweaty skin, paleness, sweating, among others), call emergency services immediately.



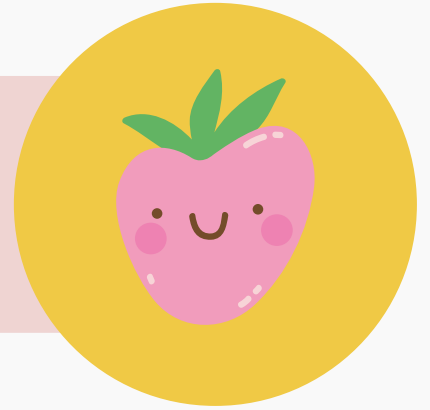
### Administer medication

If the child has an epinephrine auto-injector (such as an EpiPen), administer the dose according to the doctor's instructions. Make sure the child is sitting or lying down and place the auto-injector on their thigh, pressing the button to release the medicine. If the child has other allergy medication, administer it according to the doctor's instructions.



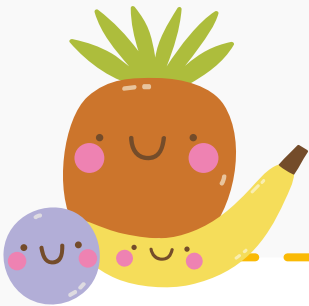
### Keep the child calm

It's important that the child remains calm to reduce the intensity of the reaction. Comfort them and let them know you're taking care of them.



### Observe the child

After administering the medication, observe the child to make sure their reaction is decreasing. If symptoms don't improve in a few minutes, administer a second dose of epinephrine and call emergency services again.



It is essential to be attentive to any possible symptom of food allergy in children, as they can manifest at any time during childhood and can worsen over time. If you suspect that your child has a food allergy, it is important to consult a healthcare professional for proper diagnosis and treatment.