


MANAGING FOOD ALLERGY



**A step-by-step guide on what to do
after a food allergy diagnosis**



For information and
advice call us on

 **1300 728 000**

allergyfacts.org.au



**Allergy & Anaphylaxis
Australia**

Your trusted charity for allergy support

So, you or your loved one have a food allergy - now what?

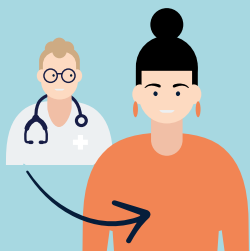
It can be frightening when you or a loved one develops a food allergy. Managing the new diagnosis can be difficult for both you and those around you and it's normal to have many questions.

Allergy & Anaphylaxis Australia (A&AA) is here to answer those questions. We are an evidence-based organisation with a Medical Advisory Board and trained Health Educators. We are available to provide you with information, support and guidance on how to best navigate your new world of food allergy.



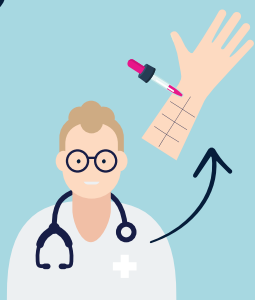
How is food allergy diagnosed?

1



After a consultation with your GP about your food allergy concerns, they may refer you to see a clinical allergy/immunology specialist.

2



The clinical allergy/immunology specialist will ask you about your medical history, and they may do a skin prick test (SPT) or blood test. Diagnosis of food allergy is not made on results of the SPT and/or blood test results alone. Your history of what happened is important too.

3



If you do have food allergy, the specialist will advise you on:

- how to prevent an allergic reaction
- how to recognise an allergic reaction, including anaphylaxis
- how to manage a severe allergic reaction (anaphylaxis)



I've been recently diagnosed

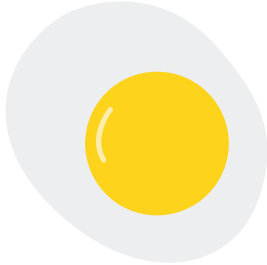
You'll find lots of helpful information in this kit including:

- Managing Allergy Checklist (pg 5)
- Adrenaline (epinephrine) injectors - what you need to know (pg 6-8)
- ASCIA Event record for Allergic Reactions (pg 9)
- Food Allergen Cards (pg 10)

Food allergy or intolerance?

Food allergy

A food allergy occurs when a person's immune system reacts to a food or foods that are harmless for most people.



The foods that cause these reactions are known as food allergens. ANY food can contain a food allergen, but a small group of foods including milk, egg, peanut, tree nuts, seafood, wheat, sesame and soy are the most common food allergens. It is almost always the protein in the food that causes the person's immune system to react.



Many allergic reactions are mild or moderate. Anaphylaxis is the most severe form of allergic reaction and is potentially life threatening. Those with asthma are at greater risk of a severe allergic reaction, especially if their asthma is not well controlled.



With food allergy, signs and symptoms of an allergic reaction, including anaphylaxis, almost always happen within 20 minutes to 2 hours after eating the food.

Food intolerance

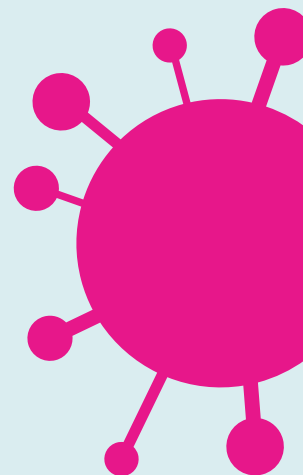
Unlike a food allergy, a food intolerance does not involve the body's immune system. Symptoms occur after many hours or even a day after eating the trigger food and are not life-threatening. They can include headaches, bloating, wind, nausea, mouth ulcers and hives.

For more information go to <https://www.allergy.org.au/patients/food-other-adverse-reactions/food-intolerance>



Locate an allergy specialist

There are clinical immunology/allergy specialists and other medical specialists with an interest in allergy located in every state and territory. Find your closest by clicking your state on our interactive map, or visit - www.allergy.org.au/patients/locate-a-specialist



Have a question?

Call our national allergy support line on

 **1300 728 000**

allergyfacts.org.au

Helpful resource!

For lots of practical ways to manage food allergies, head to foodallergyeducation.org.au



Managing allergy checklist

Careful planning can help to minimise the impact that food allergy has on your life.



✓ Adrenaline injectors

- Fill the prescription.
- Know what is on your ASCIA Action Plan.
- Keep a copy of the Plan with the adrenaline (epinephrine) injector at all times.
- Carry both with you at all times.



✓ Food shopping

- Allow extra time for shopping, so you can read food labels.
- Read the ingredients on all food (including drinks) before eating, **every time**.



✓ Children and adrenaline injectors

- Make sure an adult is responsible for having the adrenaline injector easily accessible in an unlocked room/cupboard at all times. Other adults caring for the child should know where the medication is.
- Keep your child's adrenaline injector and ASCIA Action Plan in a special bag in a central location, out of young children's reach, but where all adults have easy access to it within a few minutes if needed.

TIP: It's important to always keep your medical kit containing your adrenaline injector and ASCIA Action Plan in the same place when at home, so you can find it easily in an emergency. Work on a plan to take your medical kit with you every time you leave the house.



✓ Eating out

- Tell food service staff about your allergy when eating out. Use our **chef cards** to help communicate your allergies clearly.
- Plan ahead - if you're unsure if appropriate food will be available, take food with you.
- Consult our Food Allergen Cards (pg 10), to be aware of the different words that can be used to describe the allergen you are avoiding.



✓ Educating those around you

- Share this guide with your family, friends, work colleagues or teachers, and direct them to **[A&AA's website](#)**.
- Make an appointment with your child's childcare centre/school/ before and after school care. Discuss your child's allergy and provide copies of your child's ASCIA Action Plan.



✓ In an emergency

- Follow instructions on the ASCIA Action Plan if you or your child are having an allergic reaction. If a severe allergic reaction/anaphylaxis occurs:
- Lay on the ground. If breathing is difficult, allow to sit on the ground with legs out flat.
 - Give the adrenaline injector.
 - **Call triple zero (000).**
 - **Do not allow to stand or walk.**

Adrenaline (epinephrine) injectors – what you need to know

What is an adrenaline injector?

Adrenaline injectors are used for the emergency treatment of anaphylaxis. Adrenaline is a lifesaving medication that helps to quickly treat anaphylaxis.

The adrenaline injector is given into the thigh muscle. It contains a single, pre-measured dose of adrenaline. It is designed for anyone to administer in an emergency. You do not need to have medical training. **Instructions on how to give the adrenaline injector are on each device.**

How does it work?

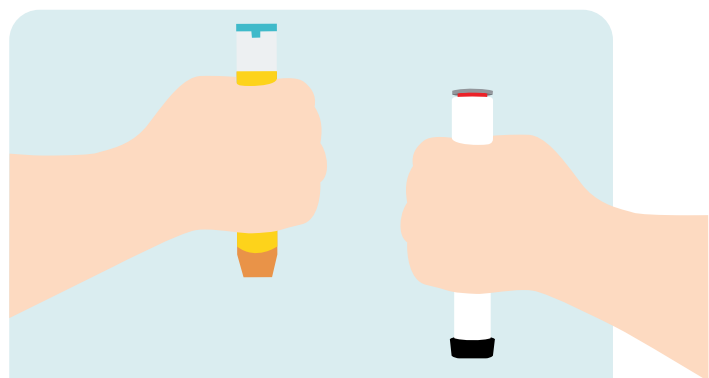
Adrenaline reverses what happens in an allergic reaction. It constricts blood vessels, makes the heart beat stronger, increases blood pressure and decreases swelling. Adrenaline also helps the muscle around the airways to relax and allows more air to flow into the lungs, making breathing easier.

For more information on adrenaline injectors visit:

<https://www.allergy.org.au/patients/fast-facts/adrenaline-injectors>

<https://www.allergy.org.au/hp/anaphylaxis/how-to-give-injector>

<https://allergyfacts.org.au/resources/videos-from-a-aa>



Did you know you can practise using an adrenaline injector trainer device that has no needle or medication?

Adrenaline injector trainer devices help you, your family, and friends practise giving an adrenaline injector. Mark the adrenaline injector trainer clearly by wrapping some coloured tape around it and store it away from your real adrenaline injector/s that are to be used in an emergency. This helps prevent confusion about which device contains the medication and the needle. You can purchase adrenaline injector trainers [here](#).

When you have food allergy but don't need an adrenaline injector



Some people are diagnosed with food allergy but are not prescribed an adrenaline injector because their doctor considers that they are at low risk of anaphylaxis. This means they may have had signs or symptoms such as hives, vomiting, a sore tummy, a tingly feeling in their mouth or swelling of the face, lips and eyes. **It is possible that someone with a mild or moderate food allergy can have a severe allergic reaction in the future, so care to avoid the allergen must be taken.**

People with mild to moderate food allergy are given an **ASCIA Action Plan for Allergic Reactions**. They need to read food labels, tell food service staff about their allergy and do all they can to avoid the food they are allergic to, just like someone who has been prescribed an adrenaline injector.

If they start showing signs of an allergic reaction they must follow instructions on their ASCIA Action Plan for Allergic Reactions.

How to administer an EpiPen®

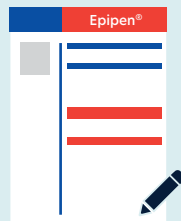
Remember - blue to the sky and orange to the thigh!

1



Ensure the person having a reaction is lying down and stays calm.

2



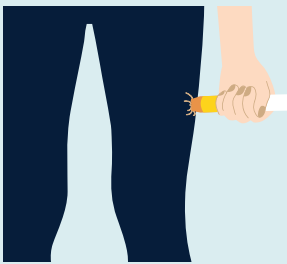
Follow instructions on the person's ASCIA Action Plan for Anaphylaxis for EpiPen®.

3



Form a fist around the EpiPen® (keeping fingers away from both ends), pull off the blue safety release.

4



Hold the leg firmly and place the orange end against the outer thigh, midway between the hip and knee joint at a 90-degree angle. The EpiPen® can be given through clothing but avoid seams and pockets.

5



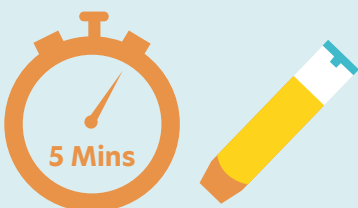
Push down hard until a click is heard or felt and hold for 3 seconds (count slowly i.e. 1 elephant, 2 elephants, 3 elephants), then remove the EpiPen®. The orange needle shield will extend and cover the needle as you remove it. Put the EpiPen® aside.

6



Call triple zero (000) and ask for an ambulance. Stay with the person until the ambulance arrives.

7



Another adrenaline injector may be given after 5 minutes if there has been no improvement in the person's condition.

Continue to follow instructions on the ASCIA Action Plan

Remember

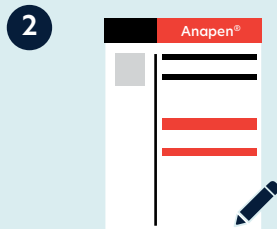
Adrenaline is heat and light sensitive and may degrade if exposed to extreme heat for extended periods. Do not refrigerate it or leave it in the car.

How to administer an Anapen®

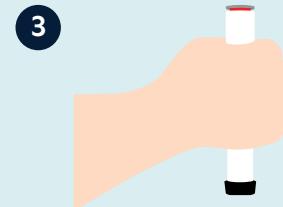
Remember - white end on leg, press thumb on red



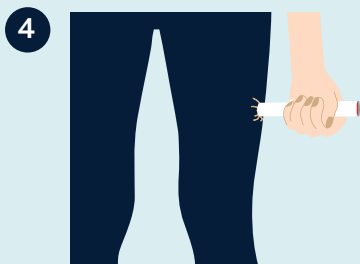
1 Ensure the person having a reaction is lying down and stays calm.



2 Follow instructions on ASCIA Action Plan for Anaphylaxis for Anapen®.



3 Form fist around the Anapen® (keep fingers away from both ends), pull off black needle shield (a grey needle cover will come off as well) and then pull off grey safety cap from the red button.



4 Hold leg firmly and place the white end of the Anapen® on the outer thigh, midway between the hip and knee joint at a 90-degree angle. The Anapen® can be given through clothing but avoid seams and pockets.



5 Place thumb on the red button, press until a click is heard and hold Anapen® in place for 3 seconds. Remove the Anapen® (Note: The needle will be exposed so place it in a hard plastic container and then give it to ambulance officers).



6 Call triple zero (000) and ask for an ambulance. Stay with the person until the ambulance arrives.



7 Another adrenaline injector may be given after 5 minutes if there has been no improvement in the person's condition.

Continue to follow instructions on the ASCIA Action Plan

Remember
Adrenaline is heat and light sensitive and may degrade if exposed to extreme heat for extended periods. Do not refrigerate it or leave it in the car.

ASCIA event record for allergic reactions



This form includes type in fields and tick boxes that can be completed by the patient (or their parent/carer) and provided to the patient's doctor or nurse practitioner before, or at the time their appointment. The completed form can be saved and emailed, or printed out.

Patient name: _____ Date/time of reaction: _____

GP: _____ Specialist: _____

Suspected trigger/s (if known):

Food/s: _____

Insects or Ticks (stings or bites): _____

Drug/s (medication/s): _____

Signs/symptoms

Mild or moderate:

- Hives
- Tingling mouth
- Swelling of lips
- Vomiting
- Abdominal pain

Severe (anaphylaxis):

- Tightness in throat
- Difficult/noisy breathing
- Difficulty talking/hoarse voice
- Swelling of tongue
- Swelling in throat
- Persistent dizziness
- Collapse
- Pale and floppy
- Wheeze
- Persistent cough

Location of reaction:

- Home School Early Childhood Education/Care Work Dining out
 Other: _____

Activity immediately before reaction:

- Eating Gardening Exercise Other: _____

Other medical conditions:

- Asthma Other: _____

Previous allergic reactions:

- Mild to moderate Severe (anaphylaxis)
 Allergen/s: _____

Adrenaline (epinephrine) autoinjector prescribed:

- Yes No

How was the allergic reaction managed?

Was adrenaline administered? Yes No

Was any other treatment given? Yes No

If you replied YES, please provide details: _____

Was an ambulance called? Yes No

Other information: _____

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Food allergen cards

It's important to know the different words that can be used to describe the allergen you are avoiding. Our Food Allergen Cards provide you with a list of ingredients to avoid as well as an idea of the products that may contain the allergen. The lists are not complete but are meant to provide a guide. The following allergen cards are available: egg, milk, peanut, tree nut, fish, crustacean, mollusc, soy, sesame, wheat, lupin and mammalian meat.



MILK (Dairy) Allergen Card



EGG Allergen Card



Any food containing egg must be avoided including*:

Albumen or albumin	Flavoproteins
Apovitelin	French toast
Avidin	Globulin
Binder	Livetin
Cheese containing lysozyme (parmesan)	Lysozyme
Dried eggs	Meringue/meringue mix
Egg	Omelettes
Egg nog	Ovalbumin
Egg noodles	Ovglycoprotein
Egg solids	Ovomucoid/Ovomucin
Egg substitutes (some)	Ovovitelin
Egg white	Pavlova
Egg white solids	Powdered egg
Egg yolk	Quiche
	Silica
	albuminate
	Soufflés

Do not presume that vegan food is safe for people with egg allergy.

Check when purchasing food that may be cooked in oil e.g. chips, that the oil has not been contaminated by cooking egg.

***This is not a complete list of ingredients and foods to avoid but is intended as a helpful aid for living with egg allergy. It is NOT meant to replace medical advice given by your doctor.**

Products and foods which might contain egg include:

Alcoholic and non-alcoholic drinks (e.g. cocktails and mocktails)	Macaroons/macarons
Baked/bakery foods (e.g. cakes, biscuits, muffins, pastries, crackers, bread, pies, slices)	Malted drinks
Battered foods	Marshmallow
Brioche and Naan bread	Marzipan
Cake	Mayonnaise
Cake decorations	Meatloaf/hamburgers/meatballs/rissoles
Chocolate (esp. soft centres)	Mock or butter cream
Crumbed foods (e.g. schnitzel)	Mousse
Custards	Noodles
Dessert mixes	Nougat
Doughnuts	Pancakes/pikelets
Drink mixes	Parmesan cheese
Fried rice	Pasta
Fritters	Pizza bases and toppings
Frozen desserts	Puddings
Gelato	Salad /salad dressings
Glazed foods (esp. baked foods)	Sauces (e.g. hollandaise)
Ice cream	Soups (e.g. consommés)
Icings on baked foods	Sushi
Lemon butter	Vegetarian meat substitutes
Lollies and confectionery (e.g. caramel)	Waffles
	Wine (fined with egg)

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Whey)

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Download the allergen cards for free from our website here - <https://allergyfacts.org.au/allergy-anaphylaxis/food-allergens> or purchase wallet-sized allergen cards at our website here - <https://allergyfacts.org.au/shop/adrenaline-injector-trainers-and-resources>

