

Jeremy's Cake



WRITTEN BY BETHANY TUCKER ILLUSTRATED BY ANTHONY CULLEN

Anaphylaxis is the most severe form of allergic reaction and is potentially life threatening. It must be treated as a medical emergency, requiring immediate treatment with adrenaline (epinephrine). In the community setting, an adrenaline injector, such as EpiPen® is used as first aid treatment for anaphylaxis before an ambulance is called.

A food allergy is an immune system response to a food protein that the body mistakenly believes is harmful. When the person eats food containing that protein, the immune system releases massive amounts of chemicals, triggering symptoms of an allergic reaction. Some allergic reactions are mild or moderate and some are severe (anaphylaxis). Anaphylaxis occurs when the respiratory system (breathing) and/or cardiovascular system (heart and blood pressure) are involved. Anaphylaxis usually occurs rapidly after exposure to the food.

Milk, eggs, peanut, tree nuts, sesame, fish, shellfish, wheat, soy and lupin are the most common food triggers, which cause 90% of allergic reactions, however, any food can trigger anaphylaxis. It is important to understand that even small amounts of food can cause a life-threatening reaction. Anaphylaxis can also be caused by insect stings (bees, wasps, jumper ants), medications and latex.

Currently there is no cure for food allergy. Avoidance of the food/allergen is the only way to prevent an allergic reaction.

Need Help Managing Allergies?

Phone: 1300 728 000

Email: coordinator@allergyfacts.org.au

Website: www.allergyfacts.org.au

Allergy & Anaphylaxis Australia is a registered charity and Australia's only national support organisation, dedicated to helping individuals and carers alike in managing allergy and the risk of anaphylaxis.

Our Vision: improved quality of life for all Australians living with allergic disease. We listen, guide and educate Australians living with allergic disease. We advocate on their behalf to ensure their voice is heard.



**Allergy & Anaphylaxis
Australia**

Your trusted charity for allergy support

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Meet Jeremy



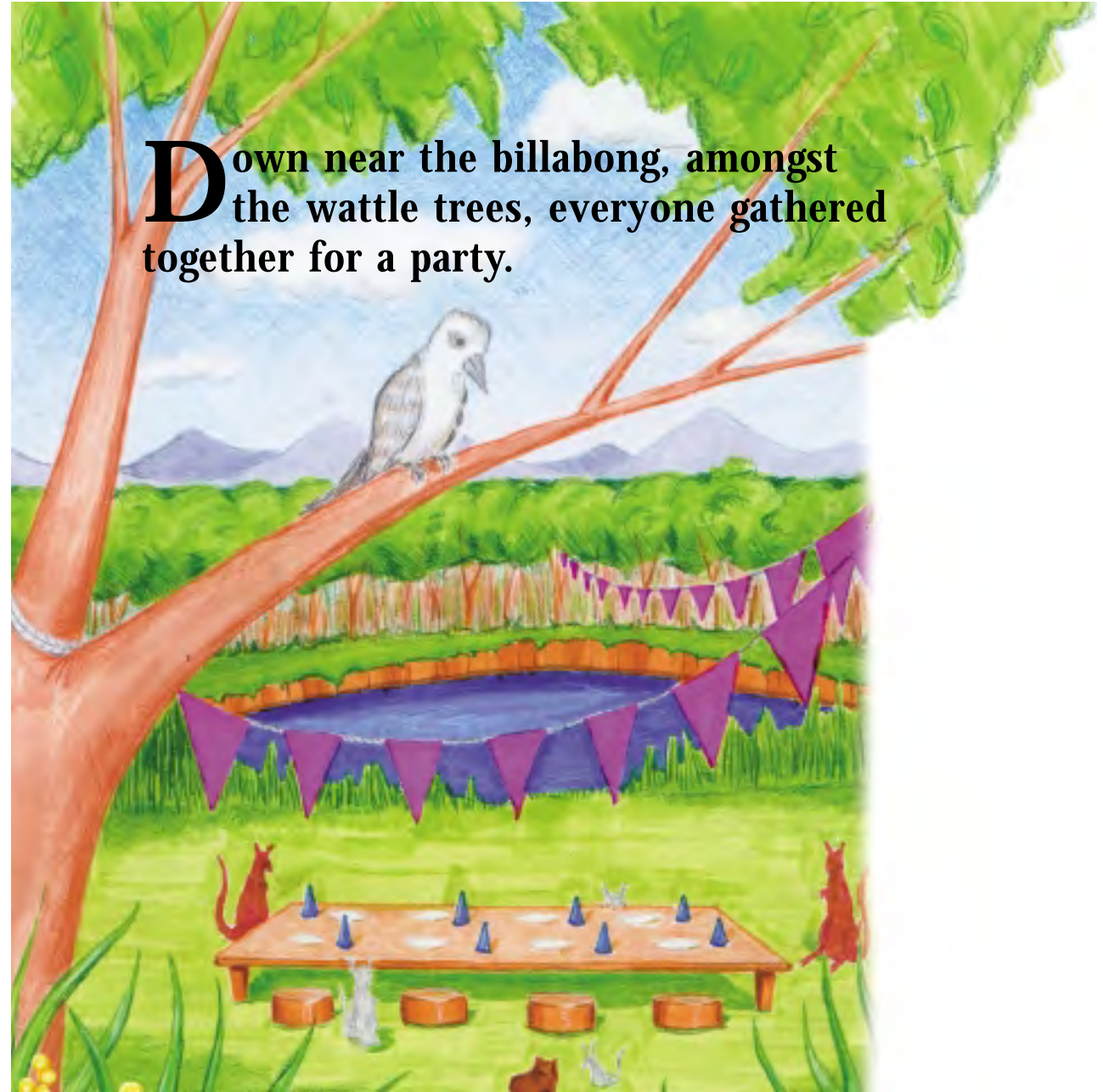
Jeremy, the wallaby has a life threatening allergy to egg and nuts. He also has hay fever and asthma.

He lives in a rocky outcrop near the billabong with his mum and dad.

His friends are Bruno the kangaroo, Tam the bilby and Edward the wombat.



Down near the billabong, amongst the wattle trees, everyone gathered together for a party.



Jeremy was both excited and a little bit nervous. He was going to a party all by himself. His Mum was going to drop him off and pick him up later.



There was a lot for Jeremy to remember because of his allergies.

He couldn't eat nuts or eggs without getting sick.

He always had to be extra careful, especially at parties.



Jeremy bounced into the kitchen.
‘What can I take to eat at the party,
Mum?’ he asked.
‘You can eat any of this,’ she said.



Jeremy looked at his safe foods.
It had no nuts and no eggs.
He piled all the food into his lunchbox.



Jeremy helped his Mum check his medical kit.

It had his special medicine in it – just in case he ever had an allergic reaction.



His Mum usually carried his medical kit when they went out .

This time, Jeremy had to remember to give it to Bruno's Mum as soon as he got to the party.



When they arrived, the bush band was already playing loudly. Everyone raced about, laughing and screaming. Jeremy found his best friend Bruno and ran over, eager to join in.

Then he remembered his medical kit. He quickly found Bruno's Mum and gave the medical kit to her.



Everybody played 'Musical Statues'
and 'Leapfrog'.

Jeremy unwrapped a great set of stickers in
'Pass the Parcel'.

He even pinned the frill right on the lizard.
Jeremy looked at his prize.

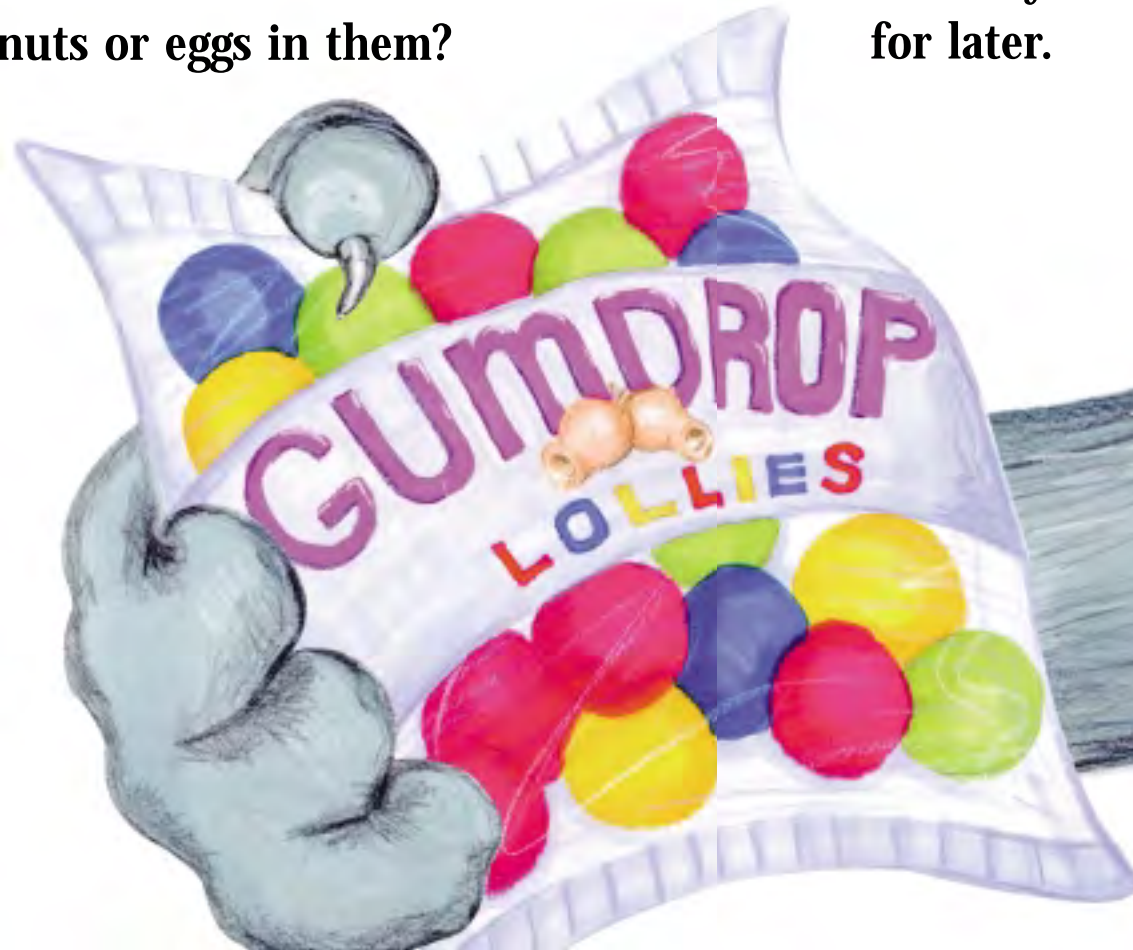


It was a packet of lollies he had never seen before. Jeremy wanted to eat them but he knew he shouldn't.

What if they had nuts or eggs in them?
He wasn't sure.

'I'll have to take them home to show Mum,' he said to his friends.

Jeremy stuffed the lollies into his backpack for later.



Everyone raced off to the table for food. Jeremy grabbed his lunch box and sat down. The party treats on the table looked so scrumptious but so did his food.

His special food looked so good Edward wanted to swap some.



‘I can’t eat any food off the party table, Edward,’ said Jeremy.
‘It’s not safe for me. It might have eggs or nuts in it.’



After the food it was time for the most exciting part of the party. 'Here comes the cake!' yelled Jeremy.

It was as tall as an emu and covered in sweets. Sparklers twinkled from the top. Everyone gathered around. They licked their lips, eyes gleaming, nostrils twitching.



Jeremy licked his lips too. He so wanted to share the cake with his friends but he had forgotten to ask his Mum if it was O.K.

He hopped from one foot to the other, not sure what to do.



Just then Bruno's Mum appeared carrying another cake. It too was covered in sweets and had sparklers winking from the top.

She put the cake in front of Jeremy.

'Your Mum made it just for you,' she smiled.

'It's safe. It doesn't have any nuts or eggs.

Go ahead Jeremy, eat up.'

Jeremy scooped a huge piece of his cake into his mouth.



Jeremy's Mum came to pick him up as they were all eating cake. 'You look like you have had a good time,' she laughed.

Jeremy nodded and helped himself to another piece of his own special cake.





Jeremy the Wallaby is going to a birthday party all by himself for the very first time. There is a lot for Jeremy to remember because of his allergies. Jeremy can't eat nuts or eggs without getting sick. He has to be very careful, especially at parties.

Bethany Tucker is a Librarian with a special interest in children's picture books. She lives in Sydney. Her Daughter is anaphylactic to all nuts.