



Allergy Awareness

No one knows why but more kids are becoming severely allergic to certain foods such as nuts, eggs, milk, soy, fish, shellfish and sesame.

If they eat even a tiny amount of the food they are allergic to they can become very sick...even die!

We all need to know about food allergies and how to keep each other safe. You can be a real M.A.T.E to your friends who have food allergies by doing the following:

Always take food allergies seriously. If you learn a school mate has food allergies always take it very seriously. Never try to trick someone into eating food they are allergic to.

Don't share food with friends who have food allergies. Never offer kids with food allergies any food from your lunch box. Even if you think the food is safe, it is still not worth the risk.

Wash your hands after eating. Just a small amount of food on your hands can get on desks, books and many other things. If someone who is allergic simply touches these things they can have a reaction.

Know what your friends are allergic to. It's easy – just ask them. However, finding out if foods are safe to eat is not as easy. Some ingredient labels list scientific names instead of everyday ones so this can be tricky.

If an allergic schoolmate becomes sick, get help immediately!

Symptoms may include:

- Vomiting
- Swelling of the face and lips
- Skin that's bumpy, red and itchy
- Difficulty breathing
- Coughing, sneezing and watery eyes



Try to solve the cryptogram below and find out how you can be a real mate.

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z	
20											14						10	6								

Use the clues in this grid to get you started.

A R _ A L _ _ A _ _ _ S S _ _ _ _ _ _ _

20 10 21 20 14 8 20 3 21 26 6 6 1 8 21 1 17 21

_ _ _ S _ A _ _ _ _ _ S _ _ L _ _ R _ _ _ _ _

11 25 1 6 21 20 5 3 26 1 17 6 25 21 14 23 23 10 21 12 21 17 3

A S _ R _ _ _ S A L L _ R _ _ _

20 6 21 10 26 1 24 6 20 14 14 21 10 7 26 5

R _ A _ _ _ _ _ R _ _ _ _ S A _ _ A

10 21 20 5 3 26 1 17 1 10 21 12 21 17 6 20 12 21 20

L _ _ _ .

14 26 4 21

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A REAL MATE IS SOMEONE WHOSE ACTIONS HELP PREVENT A SERIOUS ALLERGIC REACTION OR EVEN SAVE A LIFE.



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 Your trusted charity for allergy support

Be a
Mate
 Making Allergy Treatment Easier