

# Information Snippets

Interesting facts that can be included in your newsletter

## Did you know?

Anaphylaxis is the most severe form of allergic reaction.

1 in 20 children suffer from food allergies and 1 in 50 are allergic to peanuts.

Nine foods cause 90% of food related allergic reactions: peanuts, tree nuts (hazelnuts, cashews, almonds), eggs, cow's milk, wheat, soybean, fish, shellfish and sesame.

Allergies occur when the immune system reacts to substances that are usually harmless.

There is no cure for food allergy. Avoidance of the food is the only way to prevent an allergic reaction.

Peanuts are the leading cause of severe allergic reactions.

Washing hands after eating helps to reduce the risk of exposure to allergens. Children, particularly young children, can be messy eaters. Washing hands after eating ensures children's hands are clean before touching play equipment or other children. Touch reactions rarely lead to anaphylaxis – most severe reactions are as a result of eating the food.

Educating children about food allergies helps to create a safer environment for children at risk of anaphylaxis.

Many people with cow's milk allergy are also allergic to goat's milk.

On food labels, the most common allergens must always be labelled if they are an ingredient in a product. These include: peanuts, tree nuts, eggs, cow's milk, sesame, soybean, fish and shellfish. Gluten, not wheat, must also be declared on the label. Wheat allergic individuals need to be careful to avoid all wheat ingredients.

Products labelled as "may contain traces" of an allergen, can really contain these allergens. These foods should not be given to a child known to be allergic to that allergen, unless permission has been given by the parent/guardian.

Adrenaline autoinjectors (such as an EpiPen® and Anapen®) are designed so that anyone can use them in an emergency.

Adrenaline, given through an autoinjector (such as an EpiPen® or Anapen®) into the outer mid thigh is the first line treatment for anaphylaxis.

## Further information:

WA Department of Health  
[www.health.wa.gov.au/anaphylaxis](http://www.health.wa.gov.au/anaphylaxis)

Australasian Society of Clinical Immunology and Allergy (ASCIA)  
[www.allergy.org.au](http://www.allergy.org.au)

Anaphylaxis Australia  
[www.allergyfacts.org.au](http://www.allergyfacts.org.au)

