**May is Food Allergy Awareness Month –**

Thank you for making **Every Day Food Allergy Awareness Day!**

We appreciate the things you do to reduce potential risk to those children with allergies such as providing alternatives in your child’s lunch for peanuts, nuts or other allergens (dependent on your school).

Did you know….

* in Canada approximately 4% of children have food allergies
* the most common food allergies are peanuts, eggs, milk, tree nuts, wheat, soy, sesame seeds, seafood, sulphites

Important signs to recognize an allergic reaction:

**THINK F.A.S.T.**

* Face – hives, itching, redness, swelling of face lips or tongue
* Airway – trouble breathing, swallowing or speaking, nasal congestion or sneezing
* Stomach – pain, vomiting and diarrhea
* Total Body – itching, hives, swelling, weakness, dizziness

Then **ACT** GIVE EPINEPHRINE - Call 911

Sweet Caroline Foundation website: <http://www.sweetcarolinefoundation.ca/>

