

Helping Families Live with Food Allergies

FAAN is the trusted source for information about food allergies, and we strive to provide families who are managing food allergies with support, tools, and relevant information. We offer educational materials, allergy-friendly recipes and cookbooks, useful tools, research updates, and books designed to help you and your child learn about and manage food allergies. We also offer programs and events to help further educate and increase awareness of food allergies.



Become a FAAN Member

Our mission is to raise public awareness, to provide advocacy and education, and to advance research on behalf of all those affected by food allergies and anaphylaxis.

When you sign up for a FAAN membership, you will receive *Food Allergy News*, a 12-page newsletter, every other month, and the opportunity to subscribe a child or teen to newsletters specifically for them. FAAN members are eligible for discounted pricing on all of our materials and conference registrations, and are eligible for consideration to participate in our semi-annual Kids' Congress event, in which we lobby on Capitol Hill on food allergy issues.

FAAN members also receive our "Special Allergy Alert" mailings, which contain urgent notifications about mislabeled or recalled food or pharmaceutical products, as well as advance notice of ingredient changes, that are mailed directly to FAAN members by responsible manufacturers.

Your membership helps us continue to educate, advocate, and support the food allergy community.

Join Us!

Annual Membership Fee: \$ 50.00

Lifetime Membership Fee: \$500.00

FAAN is a 501(c)(3) non-profit organization.
Donations are tax-deductible.

Please visit FAAN and
become a member:

www.foodallergy.org



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Research. Education. Advocacy. Awareness.

My child has food allergies.



What should I know?



www.foodallergy.org

1. You are not alone.

More than 12 million Americans have food allergies, and an estimated three million are children. One in every 17 children under the age of 3 has a food allergy.



Food allergy is the leading cause of severe allergic reactions (anaphylaxis) outside of the hospital setting in the U.S., causing about 50,000 to 125,000 emergency room visits per year.

Teens and young adults with peanut or tree nut allergy and asthma appear to be at greater risk for severe or fatal allergic reactions.

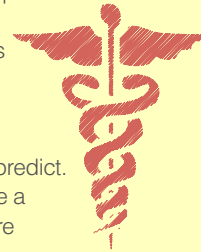
Finding support after a new diagnosis is helpful. Support groups not only provide information to their members, but also provide a forum for families who are managing food allergies to meet and connect. Many also work to increase community awareness about food allergies and anaphylaxis. To find a support group near you, please visit our website at: <http://www.foodallergy.org/section/support-groups>.

2. Avoidance is the only way to prevent a reaction.

Though researchers around the world are working hard to find a cure, currently the only way to prevent a food allergy reaction is to strictly avoid the allergy-causing food. Reading food labels carefully is the cornerstone of successful food allergy management. You must read **every label, every time** as ingredients and manufacturing practices can change without warning. If you have questions or concerns about a food, or need additional information, contact the manufacturer directly.

3. Symptoms can range from mild to life-threatening.

The most common symptoms of a food-allergic reaction include hives; itchy rash; swelling; itching, tingling, or swelling of the lips, tongue, or mouth; vomiting; abdominal cramps; or diarrhea. Other symptoms may include coughing, trouble breathing, wheezing, drop in blood pressure, or loss of consciousness. Though most symptoms occur within minutes of eating the allergy-causing food, reactions can present up to two to four hours later. The specific type of symptoms that occur during a food-allergic reaction is hard to predict. In addition, what may appear to be a mild reaction may quickly turn more severe and dangerous.



4. ALWAYS carry epinephrine.

If your child's doctor has prescribed epinephrine, this life-saving medication must be accessible *at all times*. Be sure that your child's doctor demonstrates how to appropriately use an epinephrine auto-injector. Auto-injector trainers, available through FAAN, are devices that do not contain a needle or medicine, and may be used and reused to practice epinephrine administration.

Ask your child's doctor for a written plan that outlines when and how to use your medicine, and share this information with others who care for your child. For a free Food Allergy Action Plan (FAAP), please visit our website at <http://foodallergy.org/section/helpful-information>.

Prompt treatment with epinephrine saves lives. Once epinephrine has been administered to treat a reaction, call an ambulance (request one that is equipped with epinephrine and responders who are authorized to administer this medication), and arrange to have your child transported to a hospital.



5. Work with others to keep your child safe.

It is important to work with school, camp, and child care staff, as well as anyone else who interacts closely with or cares for your child, to discuss food allergy management and how an allergic reaction will be recognized and treated. Free materials and information about working with school, camp, and child care staff can be found in the Education section of our website, www.foodallergy.org.



6. FAAN can help.

FAAN is the trusted source of food allergy information. Our staff can help answer questions you may have about food allergies and anaphylaxis, and our website offers a variety of free articles, tips, and resources to help you manage food allergies and educate others. Additionally, each spring, FAAN holds annual conferences around the country to provide food allergy education and a chance to network with other families.

