



Dedicated To Educating The Illinois
Community About Food Allergies.



www.illinoisfaea.org

**The Source for Food Allergy Information
in Illinois:**

- Illinois laws for food allergy kids
- Read the best school food allergy guidelines in Illinois
- Information in Spanish
- School Nurses' PowerPoint presentation for non-medical staff
- 504 Plans explained
- Emergency action plans
- Research updates
- USDA guidelines
- Parent support groups

**The Illinois Food Allergy
Education Association**

**"It's a mouthful,
but so is a
food allergy."™**



KIDS DON'T READ MEDICAL BOOKS

Children may not articulate food allergy symptoms as they are described on the emergency action plan. Below are some examples of how symptoms may be explained:

- This food's too spicy.
- My tongue is hot (burning).
- My tongue (mouth) is tingling (or burning).
- My mouth feels funny.
- My tongue feels like there is hair on it.
- My mouth (tongue) is itchy.
- There's a frog in my throat.
- There's something stuck in my throat.
- My tongue feels full (or heavy).
- My lips feel tight.
- It feels like there are bugs in there (to describe itchy ears).
- My throat feels thick.
- It feels like a bump is on the back of my tongue (throat).

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