

How babies come in contact with food



Eating



Kissing and being touched by those who have eaten a food

What can you do if your child has a food allergy?

Seek medical advice.

Don't let your child eat the food.

Wash your hands and mouth after you have eaten or touched the food.

Your child may grow out of their allergy by around 5 years of age.

Where to get help

- Talk to your doctor
- Talk to a dietitian or community health service nutritionist
- Ring the WCH Health Information Centre on (08) 8161 6875.
- Ring the 24 Hour Parent Helpline on 1300 364 100 or visit their website www.cyh.com
- Visit the Australasian Society of Clinical Immunology and Allergy (ASCI) education resources website www.allergy.org.au
- Ring Anaphylaxis Australia on 1300 728 000 or visit their website www.allergyfacts.org.au

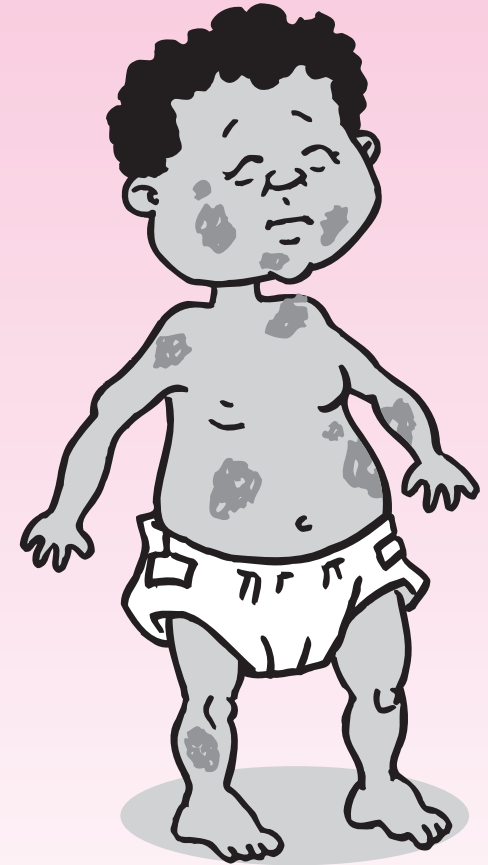
This pamphlet was produced for the SA Child Care Nutrition Partnership by the Children, Youth & Women's Health Service, Women's & Children's Hospital and funded by the Department of Health and The Cancer Council (SA).



Government
of South Australia



Might your child have a food allergy?



One in 15 young children has a food allergy

What are allergic reactions?

Skin reactions



Hives



Eczema



Swelling of the face

Tummy reactions

Tummy pain and vomiting

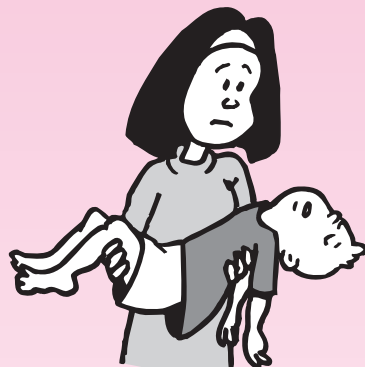


Diarrhoea



Anaphylaxis

Anaphylaxis is a severe and life threatening allergy. Don't wait: dial 000 for an ambulance.



Pale and floppy



Difficulty breathing



Swelling of the face, lips, tongue or throat



Hives

How do you know that the allergy is from food?

If the allergy is caused by food it usually happens within 30 minutes of eating the food.

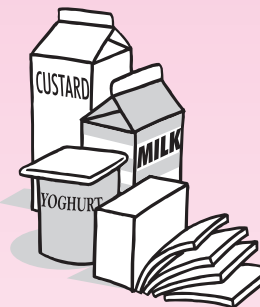
What foods can cause an allergy?



Peanuts and other nuts



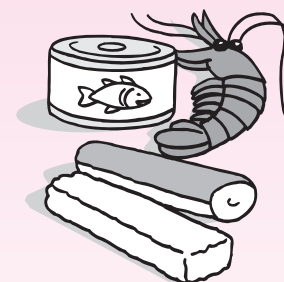
Egg



Cow's milk



Seeds



Fish and seafood



Wheat



Soy

Children may also have allergies to other foods