

# FOOD ALLERGY BABYSITTING AND DROP-OFF FORM

Created to help teach friends, family, babysitters and others responsible for the care of children with food allergies  
By Michael Pistiner, M.D., M.M.Sc., edited by John Lee, M.D., of AllergyHome in collaboration with Kids With Food Allergies Foundation

Take all food allergies seriously • Trace amounts of food can cause a reaction • 8% of US kids have food allergies

## PREVENTION and EMERGENCY PREPAREDNESS are a constant must

### Prevention: Read Labels

**Learn How to Read a Label for Food Allergens\* Read Labels Every Time**

- Food allergens can be hidden in flavorings, colorings or other additives
- Allergens can be hidden ingredients, e.g. milk in canned tuna
- Ingredients may change without notice

\*You can learn about U.S. labeling for allergens at [www.fda.gov](http://www.fda.gov).

### Prevention: Cross Contact

**Cross contact is the presence of unintended allergens.**

**Do not share** utensils, dishware, cups, water bottles, or food. Wash dishes, utensils, cups, etc. thoroughly, with soap and water.

**Wash hands** well with soap and water or hand wipes, before eating or touching the face (hand sanitizers don't work)

**Clean tables and eating surfaces** thoroughly with soap and water, commercial cleaners or commercial wipes. Allergens withstand heating and drying.

#### Some other sources of exposure

Anything that comes in contact with an allergen, including: saliva from people or pets; sponges; dishrags; sanitizing buckets; aprons; food that touches the allergen, etc.

### Emergency Preparedness

- **Epinephrine** (eg. EpiPen®, Adrenaclick®, Twinject®) is the treatment for a severe allergic reaction.
- **Always have self-injectable epinephrine close by.**
  - Know how to give epinephrine.
  - Know when to give epinephrine.
- **Have a Food Allergy Action Plan** available and review it with the parents.
- **After giving epinephrine, always call 911** or local ambulance service and tell them that a child is having an allergic reaction and may need more epinephrine.

### Important Child Care Information

Child's Name: \_\_\_\_\_ Age: \_\_\_\_\_ Weight: \_\_\_\_\_

Food Allergies: \_\_\_\_\_

Drug Allergies: \_\_\_\_\_

Parent's Name: \_\_\_\_\_ Parent Contact #: \_\_\_\_\_

Address (current location): \_\_\_\_\_

Doctor's name: \_\_\_\_\_ Phone #: \_\_\_\_\_

**For Emergency dial 911 or:** \_\_\_\_\_

### Quick Tips

- **Have epinephrine and an allergy action plan.**
- **Read all ingredient labels and avoid cross contact.**
- **Ask parents about safe foods to give.**
- **If unsure, do not give the food in question.**

PROUDLY BROUGHT TO YOU BY



Please note that this is a quick tip sheet and is not all inclusive. It is intended to augment, not replace, current food allergy training. For more detailed information and a list of more detailed resources please visit [KidsWithFoodAllergies.org](http://KidsWithFoodAllergies.org) or [AllergyHome.org](http://AllergyHome.org). Online training modules can be found at [AllergyHome.org](http://AllergyHome.org).