

ALLERGY SAFETY

Many people today have various sensitivities and allergies. We should all know how to spot and respond to an allergic reaction.

SOME POTENTIAL CAUSES OF ALLERGIC REACTIONS INCLUDE:

MEDICATION – prescription or non-prescription

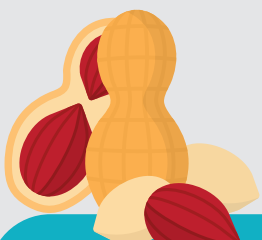


FOOD

PLANTS AND PLANT PRODUCTS, SUCH AS LATEX



INSECT BITES OR STINGS



ALLERGIC TO NUTS? WARNING – NUTS CAN BE FOUND IN THE FOLLOWING PRODUCTS:



BIRDSEED



BEANBAGS

(may be stuffed with walnut shells)



LOTIONS, SOAPS, COSMETICS
(may contain nut oils)

SMART TIPS FOR SCOUTERS:

- Obtain up-to-date medical information for each youth and adult
- Develop a plan with parents for responding to allergic reactions (i.e. how to administer EpiPen)
- Discuss allergies with all Scouters, youth and parents
- Ensure all snacks made for Section/Group are safe
- Always read the ingredient list – when in doubt keep it out!

SYMPTOMS OF ALLERGIC REACTION

— ANXIETY

— SKIN RASH, ITCHING, HIVES
— SWELLING OF LIPS, TONGUE OR THROAT
— TROUBLE BREATHING
— STOMACH PAIN, VOMITING, DIARRHEA

An EpiPen is a disposable, pre-filled automatic injection device that administers epinephrine in the event of a severe allergic reaction. If any adults or youth carry an auto-injector like an EpiPen, make sure to have the conversation about how and when to use it. Most first aid courses cover the use of auto-injectors. There are clear instructions on auto-injectors, but it's better to know how to use one in advance of an emergency.

