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.

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