

# 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  
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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.**

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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).