

Child Care Training and Resource Kit

Allergy in Child Care

Handouts

1 ☐ ALLERGY

2 ☐ Epidemiology

- ◆ 31 million Americans have allergies
- ◆ 4000 deaths from asthma per year.
- ◆ 300 deaths from anaphylaxis per year.
- ◆ 2.5 million children have partial hearing loss secondary to blocked ears and noses.

3 ☐ What Are Allergies?

- ◆ Immune system: Rids the body of antigens
- ◆ Antigens: Things foreign to the body.
- ◆ Allergen: The thing that causes the overreaction of your immune system.

4 ☐ Allergy and Inheritance

- ◆ Tendency toward allergy is inherited.
- ◆ Allergies usually begin in childhood.

5 ☐ Common Allergens

- ◆ Dust mites and their waste

6 ☐ Common Allergens

- ◆ Dander and saliva of animals with fur or feathers.

- ◆ Cockroaches and their waste.

7 ☐ Common Allergens

- ◆ Weed, grass and tree pollens

8 ☐ Common Allergens

- ◆ Mold and mildew spores

9 ☐ Common Allergens

- ◆ Stinging insects

- ◆ Drugs

10 ☐ Common Allergens

- ◆ Foods

- ◆ Plants such as poison ivy and poison oak

- ◆ Ingredients found in dyes, cosmetics and latex

- 11 ☐ Cause of Allergy Symptoms
 - ◆ Contact

 - ◆ IgE

 - ◆ Mast cells

 - ◆ Histamine
- 12 ☐ Allergic Rhinitis
 - ◆ Hay fever
 - ◆ Symptoms:
 - Nasal stuffiness
 - Sneezing
 - Nasal itching
 - Nasal discharge
 - Itchy ears and roof of mouth
- 13 ☐ Allergic Conjunctivitis
 - ◆ Allergic pink eye
- 14 ☐ Atopic Dermatitis
 - ◆ Eczema
 - ◆ 10%-15% affected
 - ◆ What makes it worse:
 - Hot, cold or dry weather extremes
 - Physical exertion
 - Perspiration
 - Emotional stress
 - Skin irritants
- 15 ☐ Other Allergic Syndromes
 - ◆ Urticaria: Hives

 - ◆ Contact Dermatitis
- 16 ☐ Finding the Cause of Allergy Symptoms
 - ◆ Extensive history
 - ◆ Physical examination
 - ◆ Allergy testing
 - ◆ Food elimination/food challenge
- 17 ☐ Allergy Treatment
 - ◆ Avoid the allergen

- ◆ Medications
- ◆ Allergy shots

18 ☐ The Allergic Child in Your Classroom

- ◆ Know what they are allergic to
- ◆ Know extent of the reaction
- ◆ Know treatment plan