**Allergy Quiz:**

1. While eating lunch in the Preschool Room, Ava who is allergic to peanuts and soy, says her tummy doesn’t feel well and says her throat feels funny. She says she isn’t hungry and puts her head down on the table. She looks pale and stops responding to your questions.
   * This IS an anaphylactic reaction
   * This is NOT an anaphylactic reaction

*Answer is This IS an anaphylactic reaction because she’s having severe symptoms*

2) You’re outside in the morning with the Preschool classroom when you notice a boy drop to the ground, kicking and struggling. You run to his side to help him, aware that he has severe asthma and a bee sting allergy. His eyes and mouth look strange and swollen. He is struggling to catch his breath and says he thinks he got stung by a bee.

* + This IS an anaphylactic reaction
  + This is NOT an anaphylactic reaction

*Answer is This IS an anaphylactic reaction because she’s having severe symptoms*

3) Anaphylaxis is a severe allergic reaction that can have different signs and symptoms and if untreated can be fatal. Which of the following is the single best statement with regard to anaphylaxis?

* + The allergic reaction always causes hives.
  + The allergic reaction is to peanuts or tree nuts
  + The allergic reaction is to a specific protein.

*The allergic reaction is to a specific protein.*

4) Which is the first line treatment for a child having a life threatening allergic reaction:

* + Epinephrine
  + Antihistamines (such as Benadryl)
  + Lying the child down on their back and raising their legs above their heart
  + Rinsing the food product from the mouth

*Answer is Epinephrine.*

5) For childcare center staff, which of the following contains information about a students allergies, medication and how to respond in an emergency?

* + The child’s Food Allergy/Emergency Action Plan (ICCP)
  + The center’s Food Allergy & Anaphylaxis Procedures
  + The child’s physician contact information
  + The student’s Medical Record

*Answer is The child’s Food Allergy/Emergency Action Plan (ICCP).*

7) A person having an anaphylactic reaction might have which of the following signs and symptoms: check all that apply:

* Skin: hives, itchy, warm, red
* Respiratory: coughing, wheezing, shortness of breath, throat tightness
* Gastrointestinal: nausea, vomiting
* Cardiovascular: dizzy, lightheaded, faint
* Other: anxiety, sense of doom

*Answer is all of the above.*

8) Jack has a potentially life threatening allergy to milk, soy and peanuts. During the morning, Jack says his stomach is upset, he feels dizzy, has a tingling sensation on his tongue, and feels like his throat is being squeezed. He doesn’t have any hives or rash that you can see. You notice he is struggling to get a good breath. Which of the following would be your best FIRST response in this situation?

* + Administer the Epi Pen as per the instructions in Jack’s Food Allergy/Emergency Action Plan while another staff member calls 911
  + Call the child’s parents

*Answer is: Administer the Epi Pen as per the instructions in Jack’s Food Allergy/Emergency Action Plan while another staff member calls 911*

1. An allergic reaction to food usually starts hours after eating.
2. True or B. False
   1. Answer is False. Usually an allergic reaction happens right away.

10) The only way to prevent a food allergy is by strict avoidance.

A. True B. False

Answer is True.

1. True or False? Using hand sanitizing gels (like Purell) is a good way to clean your hands of food allergens.
   1. True or  
      False?
      1. Answer is False. Soap and water will remove allergens, but hand sanitizer will not.
2. The treatment for anaphylaxis, a serious allergic reaction is:
3. An antihistamine
4. Ibuprofen
5. Tylenol
6. Epinephrine
   1. *Answer is Epinephrine*