“Food Allergy Smart” Quiz for Educators

1. Hives or skin redness are always the first symptoms of a severe allergic reaction.
   
   TRUE   FALSE   I DON’T KNOW

2. A person can die in minutes from a food allergic reaction.
   
   TRUE   FALSE   I DON’T KNOW

3. Anaphylaxis can cause shock, a sudden and dangerous drop in blood pressure.
   
   TRUE   FALSE   I DON’T KNOW

4. A food-allergic reaction is caused by an overreaction of the body’s immune system.
   
   TRUE   FALSE   I DON’T KNOW

5. Food allergies are basically the same as food intolerances.
   
   TRUE   FALSE   I DON’T KNOW

6. Epinephrine is an extremely dangerous drug with many potentially harmful side-effects.
   
   TRUE   FALSE   I DON’T KNOW

7. Benadryl® or other antihistamine should always be the first medication given when a student is having a food-allergic reaction.
   
   TRUE   FALSE   I DON’T KNOW

8. A packaged food that bears an ingredient label indicating that the product is “processed on shared equipment with milk products” but does not list milk in the ingredient declaration is always safe for a student with a milk allergy to eat.
   
   TRUE   FALSE   I DON’T KNOW

9. Not all food allergic reactions start immediately; some reactions do not present with symptoms until two-to-four hours after eating the allergy-causing food.
   
   TRUE   FALSE   I DON’T KNOW

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10. Transport to an emergency room is not needed if a student has been given an injection of epinephrine and allergic symptoms have subsided.

   TRUE   FALSE   I DON’T KNOW

11. You may safely administer a second dose of epinephrine if a student’s allergic symptoms have not improved after 10 minutes of receiving the first dose.

   TRUE   FALSE   I DON’T KNOW

12. Stomach cramps can be a symptom of an allergic reaction.

   TRUE   FALSE   I DON’T KNOW

13. The course of a food-allergic reaction is predictable if you have taken a careful history and know the allergic symptoms a student has experienced in the past.

   TRUE   FALSE   I DON’T KNOW

14. A small bite of food is not enough to cause a life-threatening allergic reaction.

   TRUE   FALSE   I DON’T KNOW

15. Epinephrine should be given to treat an allergic reaction only if a student has lost consciousness, but not before.

   TRUE   FALSE   I DON’T KNOW

16. Parents who have children with peanut allergies who attend schools that prohibit all peanut/nut products do not need to supply the school with epinephrine or an emergency action plan since the school environment can be presumed safe.

   TRUE   FALSE   I DON’T KNOW

17. An asthma inhaler works as well as epinephrine when a person is experiencing breathing problems due to a food-induced anaphylactic reaction.

   TRUE   FALSE   I DON’T KNOW

18. If a salad is topped with walnuts, you can safely feed it to a walnut-allergic person if you first remove all of the walnuts.

   TRUE   FALSE   I DON’T KNOW

19. In order to reduce the risk of cross-contact from food residue left on students’ hands after eating, use of an anti-bacterial hand sanitizing lotion is recommended.

   TRUE   FALSE   I DON’T KNOW

20. If a parent brings in a home-baked cake for the class and shows the teacher that the ingredient list from the cake-mix box does not contain any nuts, the teacher can rest assured that the cake is safe for her nut-allergic student.

   TRUE   FALSE   I DON’T KNOW