

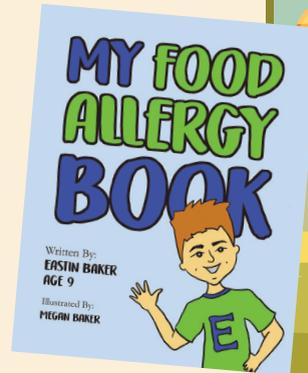
# welcome to BREATHERVILLE USA



## Class Act!

When you return to school, keep watch for possible allergy or asthma triggers – there may be more in the classroom than at home!

Solve the **Secret Codes** below to identify possible allergens and irritants at school. Write the letter each picture starts with in the box underneath it. Check the answer key below for an explanation of each answer.



## Overcoming Fear

Eastin Baker is 10 years old and loves school, music and sports. Oh, and he also has a peanut allergy. He doesn't want it to define him and he refuses to live in fear of a reaction.

Last year, Eastin wrote "My Food Allergy Book" to help other kids not fear their food allergies.

The book, illustrated by his mom Megan, was published this year. "It's really scary to have a life-threatening food allergy and I want other kids to know how to be safe," he says.

### Eastin's Tips for Kids with Food Allergies:

- Wash your hands with soap and water before you eat, every time. (Hand sanitizer does not get the allergens off.)
- Don't share food with anyone. Bring your own snacks.
- Ask your parents and teachers to check food labels for allergens. Don't try a bite until you know the food is safe.
- Speak up and make sure you tell an adult if you feel funny after eating.
- Always make sure epinephrine auto-injectors are close by for emergency situations.

### Quick Q&A

**Q:** You participated in a clinical trial for peanut allergy immunotherapy. What did you learn about yourself?

**Eastin:** "At first I said, 'No, I don't want to do it,' but then my mom and dad told me the clinical trial would help a lot of other kids with food allergies. Doctors would learn how long it would take kids with peanut allergies to respond to the therapy. I was really afraid to eat peanuts (as part of the clinical trial), but I knew I had to in order to help other kids. It was in a medical office, so treatment was available if I had an allergic reaction."



### Answers:

- Pollen: enters school through open door or window
- Chalk Dust: gets in air, also contains milk proteins
- Mold: under carpeting – anywhere moisture gathers
- Peanut Butter: in classroom snacks and treats
- liding Buses: fumes enter school via open door or window
- Classroom Pet: furry animals spread dander