

## Get Schooled in Anaphylaxis™

### Julie's Story

I first learned that my son had life-threatening allergies when he was a toddler. Although he had eaten peanut butter once before, the second time he ate it, he experienced a startling reaction. My son's face and neck swelled up and he was rushed to the emergency room where he was immediately treated for anaphylaxis. Though he recovered quickly, needless to say, this was a terrifying experience for our family. We didn't know anything about anaphylaxis or how to treat it.

I now understand that anaphylaxis is a life-threatening allergic reaction with many possible triggers. It occurs quickly and without warning, and must be treated immediately with epinephrine. My son's reaction was a wake-up call for our family to become educated about how to recognize the signs and symptoms and avoid his allergic triggers – for him, peanuts and bee stings – and what to do in the event that a reaction occurs. Keeping him safe requires a team of people who care about him, including his family, friends, teachers and staff at his school.

My son is now five years old. He has the support of his family, his friends and his school, who work each day to help maintain a safe environment. And, although my son is still very young, he knows everything he can about his allergies to nuts and bee stings and has become his own best advocate. He is constantly teaching others about his life-threatening allergies and how important it is for him to avoid his allergic triggers.

With education on what to avoid and by planning ahead, there is no reason that my son's life-threatening allergies should prevent him from doing the things all kids his age love to do, like taking part in recess, play dates and lunchtime. We make sure that everyone responsible for his care is aware of his life-threatening allergies, is able to identify and help him to avoid his triggers, recognizes symptoms of anaphylaxis and knows what to do if treatment is needed.

*The Get Schooled in Anaphylaxis™ [website](#) offers practical information and tools to make it easier for anyone to act quickly and appropriately when a life-threatening allergic reaction occurs. I encourage everyone to take a moment to *Get Schooled in Anaphylaxis!**