



ALLERGIC REACTIONS

The Risk in "FROSHING" (Assault & Abduction)

Any activities involving mixtures of common foods or household products can pose a significant risk of life-threatening reaction for someone with severe allergies (anaphylaxis).

An allergy is a state of hypersensitivity caused by exposure to a certain substance resulting in an immunological reaction. The body's defense mechanism interprets a normally harmless substance to be dangerous and defends against it. This causes the body to release large amounts of histamine producing some of the symptoms of an allergic reaction.

Allergic responses vary widely from person to person. Mild allergies may cause discomfort with symptoms like sneezing, runny nose, and itchy, watery eyes. More severe reactions include itching, hives, soft tissue swelling, nausea, vomiting, and difficulty breathing or swallowing. Mouth, throat, and breathing symptoms may quickly lead to anaphylaxis, which causes death in minutes if not treated immediately with life-saving medication. Severe allergic reactions are generally considered more dangerous if the individual also has asthma.

Most highly allergic individuals carry medication to prevent a severe allergic reaction from progressing to the irreversible stage. However, no medication is available to prevent a reaction from occurring in the first place. **THE MOST EFFECTIVE PREVENTION IS TOTAL AVOIDANCE OF THE ALLERGENIC SUBSTANCE.**

Common allergenic foods include peanuts, tree nuts, eggs, milk, fish and shellfish. Any food can be allergenic!

Common environmental allergens and irritants include dust, pollen, mould, animals, smoke, latex rubber, perfumes or scented products, paint fumes, and strong chemical cleaners. Many other products can cause allergy problems for sensitive individuals.

In regards to allergies, concoctions containing any of these components could present a life-threatening risk to allergic individuals, including those with asthma.

HELP KEEP YOUR FELLOW STUDENTS SAFE!