

# Have you heard?

*There are different  
types of food allergies...*

## **Food Protein-Induced Enterocolitis Syndrome ("F-PIES") is a rare but serious type of food allergy.**

- Symptoms of a reaction are delayed and may occur hours after exposure.
- Although there are '**common trigger**' foods, any food can cause an FPIES reaction.
- A severe FPIES reaction can include profuse vomiting, pale skin, extreme sleepiness (lethargy), diarrhea, dehydration, and can quickly lead to shock.
- Signs of shock for an individual with FPIES are severe and include lethargy, pale/grey skin tones, and drastic changes in body temperature and heart rate.

*Call 9-1-1 or seek prompt medical attention in the event of a severe reaction that includes fluids or IV resuscitation. (Note: EpiPens will not stop an FPIES reaction.)*

[www.theFPIESfoundation.org](http://www.theFPIESfoundation.org)

*Currently, the only safe treatment for children with FPIES is avoidance of any food that triggers a reaction.*

## ***How can you help?***

- **S**erve and eat foods in designated areas only, making sure to clean up any leftover foods immediately after finishing a meal or snack.
- **A**lways obtain parental consent before feeding a child.
- **F**ollow proper emergency procedures by informing parents of a potential exposure or calling 9-1-1 immediately if a severe reaction is suspected.
- **E**ducate others by passing this information along to everyone!

**\*\*Just one** crumb-sized portion of an allergen can trigger symptoms and put a child with FPIES at risk for a severe reaction\*\*

*For more information, please visit  
The FPIES Foundation @  
[www.theFPIESFoundation.org](http://www.theFPIESFoundation.org)*

