

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

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*

