



APPENDIX G

TRIGGERS FOR ANAPHYLAXIS

Some common foods which are sources of anaphylactic reaction:

- Peanuts/peanut butter/peanut oil (the most prevalent among school students)
- “tree” nuts: hazelnuts, walnuts, pecans, almonds, cashews
- Sesame seeds and sesame seed oil
- Cow’s milk
- Eggs
- Fish
- Shellfish
- Wheat
- Soy
- Bananas, avocados, kiwis and chestnuts for children with latex allergies

Note: Any food can trigger an anaphylactic reaction, thus cross contamination of foods is also a concern.

Non-Food Sources:

- Play dough (may contain peanut butter)
- Scented crayons and cosmetics
- Peanut-shell stuff in ‘bean bags’ and stuffed toys
- Wild bird seed
- Insect venom (bees, wasps, hornets, yellow-jackets, blackflies)
- Rubber latex (gloves, balloons, erasers, rubber spatulas, craft supplies, Koosh balls)
- Vigorous exercise
- Plants such as poinsettia, for children with latex allergies
- Cold (air or water)
- Some medications

Note: These are the most common allergens but this is not an exclusive list.