

1. An allergic reaction happens when your body thinks something, like a food or pollen....

- a. ...is harmful and trying to make you sick
- b. ...is when you break your leg

Answer: a. ...is harmful and trying to make you sick

2. Why is it important to wash your hands before and after you eat food?

- a. To wash away any dirt
- b. To wash away any dirt or food that might be on your hands that could make someone else unwell

Answer: b. To wash away dirt and food. This is because food from your hands can be taken and put onto surfaces like tables. If the person with allergies touches this it can make them unwell.

3. Should you share your food with someone who has a food allergy?

- a. Yes
- b. No

Answer: b. No. This is because the food may have ingredients that can make them unwell.

4. An allergic reaction will usually make the person feel very ill very quickly. True or false?

- a. True
- b. False

Answer: a. True

5. If I think my friend is having an allergic reaction I should...

- a. Tell an adult
- b. Keep on playing and hope they get better

Answer: a. Tell an adult. At Brownies this would be your leaders.

6. Is Anaphylaxis (ana-fil-axis) the name used for a severe/ serious allergic reaction.
True or false?
- a. True
 - b. False

Answer: a. True

7. Can you name one medicine used to treat allergies?

Examples could be - adrenaline autoinjector (Epipen, Jext), antihistamines, asthma inhaler, emollients, moisturizer, creams or nose spray

8. Can you name any allergic conditions?

Examples - Asthma, eczema, hayfever, allergic rhinitis, food allergy, anaphylaxis – some children may name triggers (e.g. cat, dog, grass, etc) and this would be acceptable here as well as it demonstrates they are thinking about allergies and are connecting them to this question.