

Food Allergy Form

*Camper
Version*

Guest Name: _____

Camp Site: _____ Session#: _____ Dates: _____

Allergy / Intolerance To: _____



Asthmatic * Yes No * High Risk for Severe Reaction

| | |
|--------------|---|
| Terms | <p>A Food Allergy is an immune system response to a food that the body mistakenly believes is harmful, with symptoms affecting the respiratory, gastro-intestinal, skin and/or cardiovascular systems.</p> <p>A Food Intolerance involves the digestive system, where the body lacks the enzyme or mechanism needed to digest and process a particular food properly.</p> |
|--------------|---|

| | | |
|---------------------------------------|---|---|
| Signs of An Allergic Reaction: | | The severity of symptoms can quickly change. * All the above symptoms can potentially progress to a life-threatening situation. |
| * Mouth | itching & swelling of the lips, tongue or mouth | |
| * Throat | itching and/or a sense of tightness, hoarseness and hacking cough | |
| * Skin | hives, itchy rash and/or swelling about the face or extremities | |
| * Gut | nausea, abdominal cramps, vomiting and/or diarrhea | |
| * Lung | shortness of breath, repetitive coughing and/or wheezing | |
| * Heart | "thready" pulse, "passing-out" | |

ACTION FOR A MINOR REACTION

1 If only symptom(s) are: _____, give _____

medication / dose / route

Then call:

2 Parent _____ or Emergency Contact _____

3 Dr. _____ at _____

If condition does not improve within 10 minutes, follow steps for Major Reaction below.

ACTION FOR A MAJOR REACTION

1 If ingestion is suspected and/or symptom(s) are: _____
 give _____ IMMEDIATELY!
medication / dose / route

Then call:

2 Rescue Squad (ask for advanced life support)

3 Parent _____ or Emergency Contact _____

4 Dr. _____ at _____

DO NOT HESITATE TO CALL RESCUE SQUAD!

Parent's Signature _____ *Date* _____ *Doctor's Signature* _____ *Date*

This Section for Office Use Only

Counselor: _____
 Site Coordinator: _____
 Site Assistant: _____

Forward Copies of this Form to:
Program Director
Executive Chef
Healthcare