

Children's Health Minute

Air Dates: Week of January 15, 2007

"Children and Food Allergies"

Dr. Hellerstedt: Is a child's food allergy something a parent should be concerned about?

Hi, I'm Dr. John Hellerstedt with the Children's Health Minute -- connecting families with Children's Medicaid and CHIP.

Food allergies can be serious.

The most common foods that cause allergies are peanuts, milk, eggs, wheat, soy and shellfish. If your child experiences itching in the mouth after eating a certain food – that's a warning sign: avoid the food and have your child evaluated by the doctor.

Other symptoms can include wheezing, vomiting, or an itchy skin rash.

Should your child experience dizziness, loss of consciousness, or trouble breathing due to swelling in the throat – it's a life-threatening emergency and you should call 911.

Announcer: Call toll-free 1-877-KIDS NOW to apply or when it's time to renew your CHIP or Children's Medicaid. Six months of coverage for all your children costs just 50 dollars or less, but most families pay little or nothing. That's 1-877-KIDS NOW.