

Lesson 2
Why do allergic reactions occur?

Create your own micro allergen!

An allergic reaction occurs when allergens and allergy antibodies connect inside the body. That's why people with food allergies need to **keep allergens out!**

Name a common allergen: **My micro tissue paper** is a allergen.



Allergen

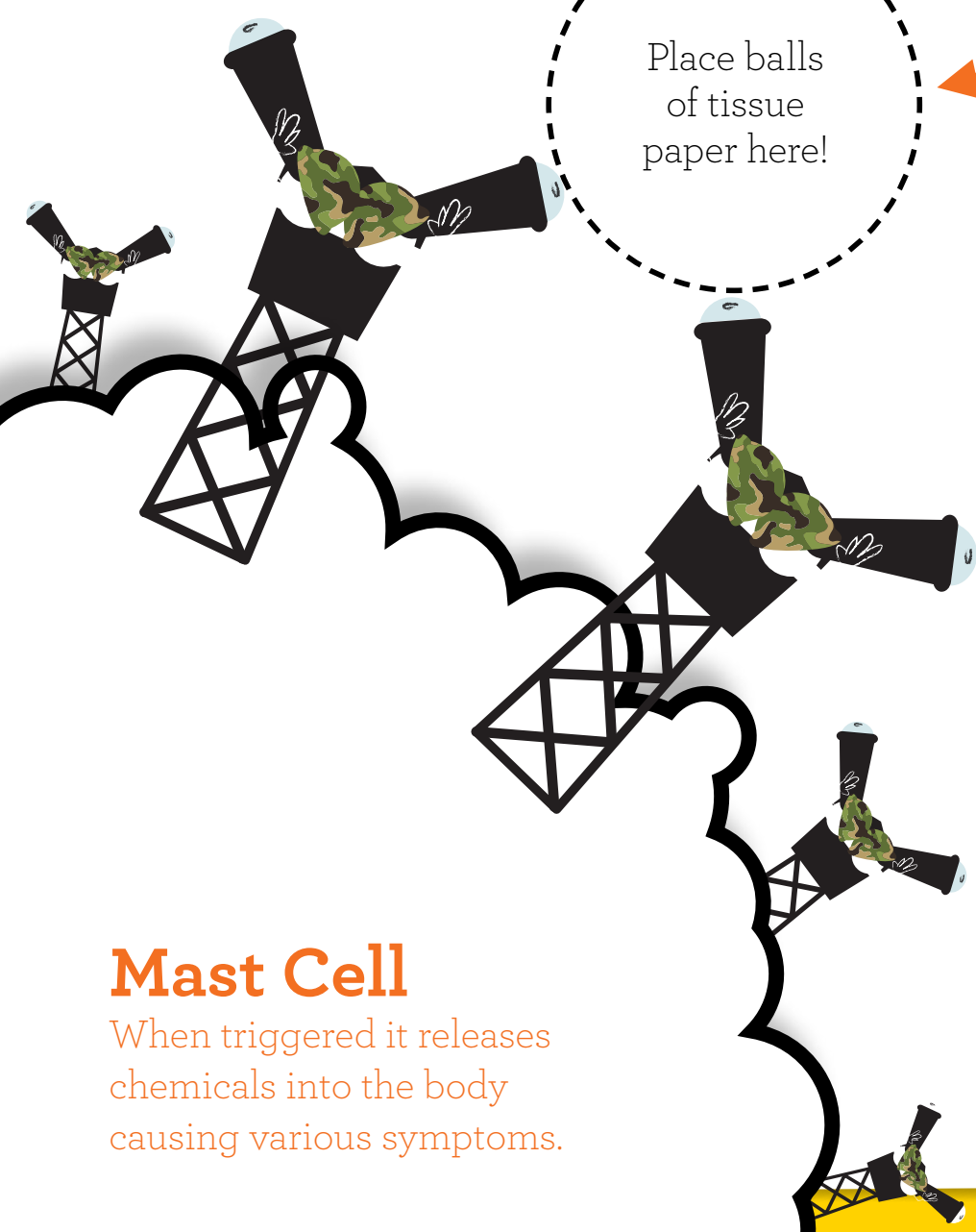
A harmful invader that triggers the immune system to react.

Allergy Antibodies

Take the invader hostage and alert to the mast cells that there's an invasion.

Mast Cell

When triggered it releases chemicals into the body causing various symptoms.

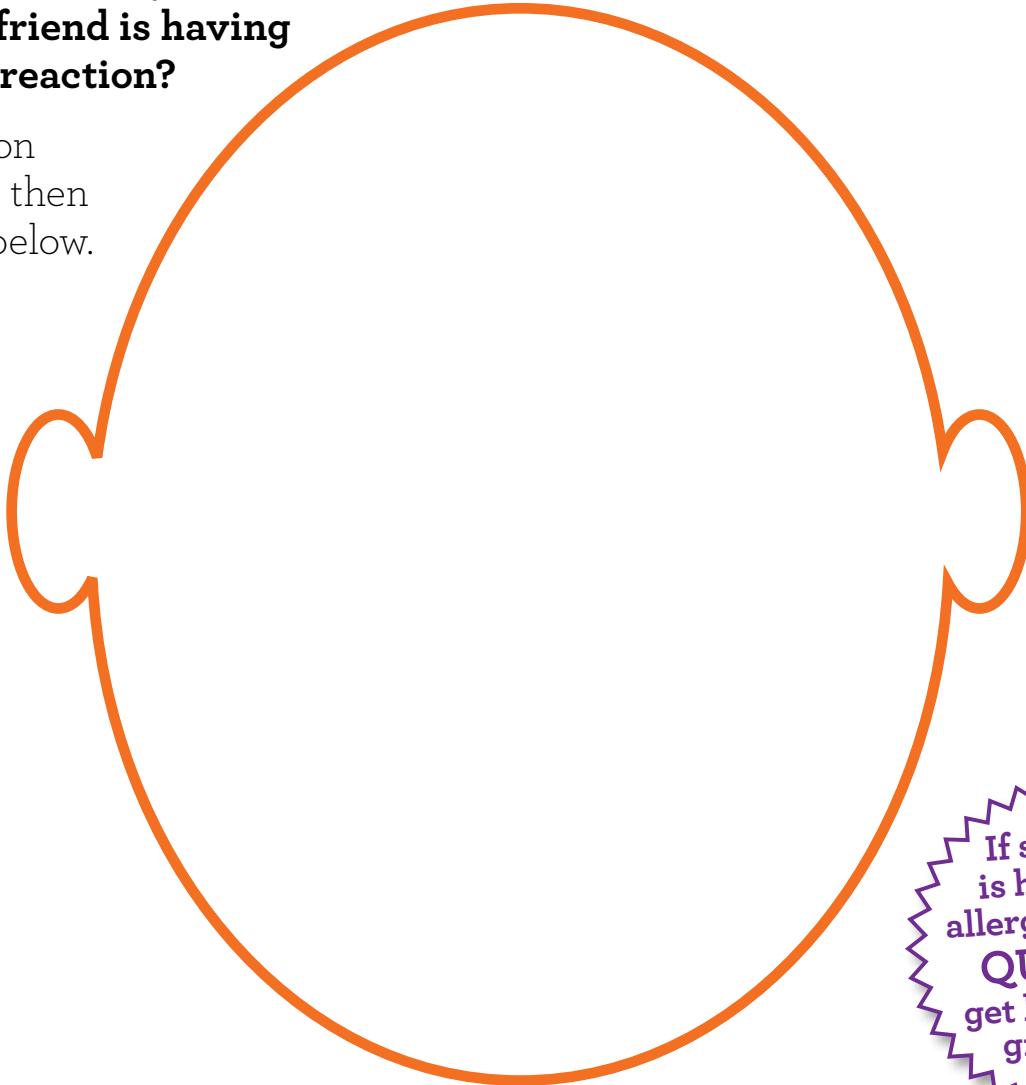


Allergy adventures®

Symptoms of an allergic reaction

What signs should you look out for if a friend is having an allergic reaction?

Draw them on the face and then write them below.



If someone is having an allergic reaction **QUICKLY** get help from a grown-up!

What are the common symptoms of an **allergic reaction**?

- 1.
- 2.
- 3.
- 4.

A severe allergic reaction is called **anaphylaxis** and needs to be treated with emergency medicine.



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