



Mother of Severely Allergic Son Offers Expert Tips for Coping with Life-threatening Allergies



Onespot™ Allergy was founded in 2009 by Elizabeth Goldenberg, the mother of two sons, one of whom has severe food allergies. Elizabeth writes, "I completely understand the issues faced by people with life-threatening allergies. My desire to protect my son led me to assemble a full line of products to help people stay safe and be prepared in the event of an allergic reaction."

The S-A-C Approach to Safer Lifestyles

Elizabeth learned that it's safest for her son to avoid even trace amounts of his allergen and that every exposure is potentially life threatening. Three issues were apparent to her:

- She needed to put **Systems** in place to help her son avoid his allergen.
- She needed to ensure he had immediate **Access** to epinephrine (an Epipen) at all times.
- She needed to **Communicate** with friends, family, teachers, caregivers and team coaches to ensure they recognize the symptoms of an allergic reaction and know how to use an Epipen properly.

Did you know?

- 1 out of 25 children has a food allergy, a 20% increase from 1997 to 2007.
- It takes only 1 to 2 minutes for a mild allergic reaction to escalate to life-threatening anaphylaxis, and the faster the onset of an anaphylactic reaction, the greater the chance that it will be severe.
- Most fatal or near fatal reactions occur outside the home.
- Acute allergic reactions are treated with epinephrine (Epipen) followed by immediate medical attention.
- The importance of carrying epinephrine cannot be overemphasized. No fatalities were reported when epinephrine was received within 5 minutes of the start of an allergic reaction.



Must-have Allergy Essentials:

- 1. Medication Belts and Holsters** - to be worn at all times when away from home. They are the most discreet belts available and are made from durable black leather, with belt sizes for small children to extra large adults. In the alternative, wear medication in a holster attached to your own belt.
- 2. Medication Hooks** - As part of your emergency plan, always keep your medication belt or holster in an easily accessible location at home, so no time is lost searching around in the event of an emergency.
- 3. Epipen training pen** - This works exactly like an Epipen, but without the needle or medication. It's an essential tool to learn and then teach exactly how to use an Epipen.
- 4. Allergy Training Cards** - Anyone caring for a child with allergies should be provided with a 911 script and emergency protocol card, an emergency contact information card, and food guideline cards.
- 5. Training video** - Parents will find themselves speaking frequently about their child's food allergy. Use this 15 minute presentation about food allergies, anaphylactic shock, and how it affects the body to educate everyone involved in the care of your allergic child.
- 6. Identification Products** - Use Onespot™ Allergy label sheets to mark items (water bottle, lunch kit, table setting) for the allergic person's use only to avoid accidental exposure to allergens, or mark items for each member of your family. Onespot Allergy labels are unique because they're color coded and made from food grade non-toxic materials.

