

## **Soundbite Script – Keeping kids safe from the dangers of peanut allergies**

**Alissa Bartel, nurse practitioner, OSF HealthCare**

“Having a peanut allergy, or really any food allergies, can be difficult for school-aged children. Sometimes you can feel really left out because you have to have different snacks or different treats.” (:11)

**Alissa Bartel, nurse practitioner, OSF HealthCare**

“Peanut allergies used to be the most common allergy, food allergy in children, now is ranked about number three in food allergies in kids. We've done a better job of exposing kids to this earlier and possibly preventing allergies later on in life.” (:17)

**Alissa Bartel, nurse practitioner, OSF HealthCare**

“We do know that early exposure to the most common allergens actually is beneficial, and so we used to say wait until kids are older than one year. But now we say you can start exposing kids as early as four to six months when they first start eating.” (:17)

**Alissa Bartel, nurse practitioner, OSF HealthCare**

“Peanut allergies happen when our body is exposed to the proteins in peanuts, when we ingest them or come into contact with them, and our body misidentifies those proteins in peanuts as something that's almost attacking us. So, our immune system actually starts to attack those proteins.” (:19)

**Alissa Bartel, nurse practitioner, OSF HealthCare**

“And then, if you decide to go out to eat, just being an advocate, making sure you're telling the people who are making and serving your food that you have a food allergy. They should be upfront and honest in letting you know if they can safely prepare your food.” (:12)