

Find care at [Nemours Children's Health](#) [Doctors](#) [Locations](#)

NEMOURS
KidsHealth For Parents

For
Kids

For
Teens

For
Educators

SEARCH

[KidsHealth](#) [Parents](#) [Egg Allergy](#)

Egg Allergy

en español: [Alergia al huevo](#)

Reviewed by: [Larissa Hirsch, MD](#)
[Allergy & Immunology at Nemours Children's Health](#)

[Listen](#)

[Print](#)

MORE ON THIS TOPIC FOR:

[Parents](#)

[Kids](#)

[Teens](#)

What Is an Egg Allergy?

When someone has an egg allergy, the body's **immune system**, which normally fights infections, overreacts to proteins in egg. If the person drinks or eats a product that contains egg, the body thinks these proteins are harmful invaders. The immune system responds by working very hard to fight off the invader. This causes an **allergic reaction**.

About 2% of children are allergic to eggs. Luckily, most will outgrow the allergy by age 16.

What Are the Signs & Symptoms of an Egg Allergy?

When someone with an egg allergy has something with egg in it, the body releases chemicals like **histamine**. This can cause symptoms such as:

- wheezing

[How Do Doctors Test for Food Allergies?](#)

[What Is Skin Testing for Allergies?](#)

[Food Allergies](#)

[Going to School With Food Allergies](#)

[Food Allergies Center](#)

[View more](#)

- trouble breathing
- coughing
- hoarseness
- throat tightness
- stomachache
- [vomiting](#)
- [diarrhea](#)
- itchy, watery, or swollen eyes
- [hives](#)
- red spots
- swelling
- a drop in blood pressure, causing lightheadedness or loss of consciousness (passing out)

Allergic reactions to egg can vary. Sometimes the same person can react differently at different times. Some reactions to egg are mild and involve only one part of the body, like hives on the skin. But, even when someone has had only a mild reaction in the past, the next reaction can be severe.

Egg allergies can cause a severe reaction called [anaphylaxis](#). Anaphylaxis might start with some of the same symptoms as a less severe reaction, but can quickly get worse. The person may have trouble breathing or pass out. More than one part of the body might be involved. If it isn't treated, anaphylaxis can be life-threatening.

How Is an Allergic Reaction to Egg Treated?



If your child has an egg allergy, always keep two epinephrine auto-injectors available in case of a severe reaction. An **epinephrine auto-injector** is

a prescription medicine that comes in a small, easy-to-carry container. It's easy to use. Your doctor will show you how. Kids who are old enough can be taught how to give themselves the injection.

The doctor can also give you an allergy action plan, which helps you prepare for, recognize, and treat an allergic reaction. Share it with anyone who takes care of your child, including relatives, school officials, and parents at play dates. Also consider having your child wear a medical alert bracelet.

Every second counts in an allergic reaction. If your child starts having serious allergic symptoms, like swelling of the mouth or throat or difficulty breathing, give the epinephrine auto-injector right away. Also give it right away if the symptoms involve two different parts of the body, like hives with vomiting. Then call 911 and take your child to the [emergency room](#). Your child needs to be under medical supervision because even if the worst seems to have passed, a second wave of serious symptoms can happen.

Sometimes [allergists](#) recommend also carrying over-the-counter (OTC) [antihistamines](#), as these can help treat mild allergy symptoms. Use an antihistamine after — not as a replacement for — the epinephrine shot during a life-threatening reaction.

What Else Should I Know?

If your child has an egg allergy, help them avoid eating egg. Read [food labels](#) carefully because ingredients can change, and egg can be found in unexpected places.

Some foods look OK from the ingredient list, but

while being made they can come in contact with egg. This is called **cross-contamination**. Look for advisory statements such as "may contain egg," "processed in a facility that also processes egg," or "manufactured on equipment also used for egg." Not all companies label for cross-contamination, so if in doubt, call or email the company to be sure.

Anyone preparing your child's food should **wash their hands** with soap and water before touching it. Your child should always wash their hands before eating. If soap and water aren't available, use hand-cleaning wipes. But don't count on hand sanitizer gels or sprays to get rid of allergens. Hand sanitizers only get rid of germs — they don't get rid of egg proteins.

Keep foods that contain egg in a separate part of your kitchen so they don't contaminate your child's food. When preparing food, wash dishes and utensils with dishwashing soap and hot water to remove any traces of egg.

When eating away from home, make sure your child always has two epinephrine auto-injectors with them that haven't expired. Also, tell the people preparing or serving your child's food about the egg allergy. Sometimes, you may want to bring food with you that you know is safe. Don't eat at the restaurant if the chef, manager, or owner seems uncomfortable with your request for a safe meal.

In the past, anyone with an egg allergy needed to talk to a doctor about whether getting the flu vaccine was safe because it is grown inside eggs. But health experts now say that kids with egg allergy aren't at higher risk for a reaction to the flu vaccine. This is probably because the levels of egg allergen in the vaccine are so tiny that it's

safe even for those with a severe egg allergy. The [flu vaccine](#) is recommended for all kids older than 6 months of age during flu season.

For more about managing food allergies, visit:

- [Food Allergy Research & Education \(FARE\)](#)

Reviewed by: [Larissa Hirsch, MD](#)

Date reviewed: January 2023

Share:

[About Us](#)

[Contact Us](#)

[Partners](#)

[Editorial Policy](#)

[Permissions Guidelines](#)

[Privacy Policy & Terms of Use](#)

[Notice of Nondiscrimination](#)

Note: All information on Nemours® KidsHealth® is for educational purposes only. For specific medical advice, diagnoses, and treatment, consult your doctor.

© 1995-2023. The Nemours Foundation. Nemours Children's Health®, KidsHealth®, and Well Beyond Medicine® are registered trademarks of The Nemours Foundation. All rights reserved.

Images sourced by The Nemours Foundation and Getty Images.

Egg Allergy

Post Test – July 2024

Please keep this test and certificate in your files for Licensing.

You do not need to send it in to our office or the State.

1. When someone has an egg allergy, the body's _____, which normally fights infections, overreacts to proteins in egg.
2. About 20% of children are allergic to eggs. Luckily most will outgrow the allergy by age 21.
True or False?
3. When someone with an egg allergy has something with egg in it, the body releases chemicals like _____.
4. Some reactions to egg are mild and involve only one part of the body, like _____ on the skin.
5. Egg allergies can cause a severe reaction called _____.
6. It is a good idea to share an allergy action plan with anyone who take care of your child, including relatives, your school and play dates.
True or False?
7. Sometimes allergists recommend also carrying over-the-counter _____, as these can help treat mild allergy symptoms.
8. Read _____ carefully because ingredients can change, and egg can be found in unexpected places.
9. Food preparers should always wash their hands but don't count on hand sanitizer gel or sprays to get rid of allergens, they only get rid of germs, they don't get rid of egg _____.
10. Don't eat at the restaurant if the chef, manager or owner seems uncomfortable with your request for a _____.

June 2024 Quiz Answers. 1.Preschoolers 2.Babies 3.True 4.Self-Control 5.Imagination 6.Creativity 7.Language Skills 8.False 9.Irrational 10.Joke



Southwest Human Development Services
P.O. Box 28487 • Austin, Texas 78755-8487
(512) 467-7916 • Toll Free (800) 369-9082
Fax (512) 467-1453 • Toll Free (888) 467-1455
www.swhuman.org

SOUTHWEST HUMAN DEVELOPMENT SERVICES

Sponsor of the

USDA CHILD AND ADULT CARE FOOD PROGRAM

is pleased to award

THIS CERTIFICATE

for completion of 30 minutes of training in

July 2024: Egg Allergy

A SELF-INSTRUCTIONAL COURSE

(Quiz on reverse side must be completed for certificate to be valid)

This Family Day Care Provider supports the commitment to
Quality Child Care as demonstrated by completion of this course

Given this date _____

Elizabeth Curtis
Training Coordinator
Southwest Human Development Services