

Recognizing a Masked Food Allergy Reaction

When kids have a mask on, it may be hard to tell that they are having a food allergy reaction. Here are some phrases that may be used to describe their symptoms.



- “My tongue [or mouth] is hot [or burning, tingling, itching].”
- “It feels like something’s poking my tongue.”
- “It [my tongue] feels like there is hair on it.”
- “It feels like a bump is on the back of my tongue [throat].”
- “My lips feel tight.”
- “It feels like there are bugs in there.” (to describe itchy ears)
- “My chest is tight.”
- “Something is wrong” or “Something bad is happening.”