

# Science Fair Project Information and Logbook

**Project type:** Study Projects

## **Science fair proposal:**

I have chosen to study and research allergies. My project will focus on the different types of allergies and their effects, as well as the types and intensities of allergic reactions. I will also examine both past and present methods of treating allergies and explore how and why allergies affect some people and not others. In addition, we will investigate how allergies work within the body and how they impact different individuals. In conclusion, our research will provide a detailed overview of allergies, resulting in an overall conclusion on the topic of allergies, including their causes, effects, and treatments.

## **Ideas to research:**

- What are allergies
- Different types of allergies
- Effects of allergies
- Allergic reactions and intensities
- Methods of treatment
- Methods of diagnosis
- How do allergies work within the body
- How do allergies impact different people
- Hypoallergenic
- Outgrowing an allergy
- Cross-contamination
- Allergy vs. Intolerance
- IgE vs. non-IgE mediated allergy

## Main Question:

Can increasing awareness about how allergies work, help reduce the risks faced by people with allergies?

## Logbook

**Name:** Luna Alvarez

**Grade:** 8

**Project Type:** Study

**Topic:** Allergies

**Main question:** Can increasing awareness about how allergies work, help reduce the risks faced by people with allergies?

| Date   | Notes:  |
|--|---|
| <b>October 7, 2025</b><br><br><b>(Meeting)</b> | Met with Ms. Perez and had a science fair idea approved.<br><br><b>Question:</b><br>Type of Project: Study project<br><br>Went through studying rubric and logbook to understand components of the project.   |
| <b>October 12, 2025</b>                        | <b>Notes:</b><br>- Worked on the Main question<br><br><b>Daily Notes:</b><br>Today I worked on making the main question for the project. I found difficulty in creating a main question that would guide the research of all the small topics we want to look at within the |

|                                |   |
|--------------------------------|---|
|                                | <p>topic of Allergies. In the end, I was able to summarize all the questions into one main topic/question.</p> <p><b>Main Question:</b><br/>Can increasing awareness about how allergies work, help reduce the risks faced by people with allergies?</p>  |
| <p><b>October 19, 2025</b></p> | <p><b>Notes:</b></p> <ul style="list-style-type: none"> <li>- Worked on making the base for the research as well as the timeline to evenly structure the work</li> <li>- Created a list of topics to examine</li> <li>- Created a template for the URLs in MLA format</li> </ul> <p><b>Daily Notes:</b><br/>Today I worked on creating a foundation for information. Moreover, I created a table for all the links and resources that I find along the way, I also made a list of important topics to examine, and a timeline to help distribute the work. This is all helpful to keep the information tidy and organized.</p> <p><b>Questions: (Ask Ms. Perez or Mr. Joseph)</b></p> <ul style="list-style-type: none"> <li>- Ask for help on logbook</li> <li>- What is the date of the science fair?</li> <li>- For a study-based project, do we collect data or research to answer the main question?</li> <li>- Is image number 2 for study-based projects as well?</li> <li>- Is this format good for the logbook?</li> </ul> |
| <p><b>October 28, 2025</b></p> | <p><b>Notes:</b></p> <ul style="list-style-type: none"> <li>- Briefly worked on research</li> </ul> <p><b>Daily notes:</b><br/>Today I had little time, so I just worked on answering one of my questions. I found a source that had an overview of allergies.</p>  |
| <p><b>November 13 2025</b></p> | <p><b>Notes:</b></p> <ul style="list-style-type: none"> <li>- Added information into document from the source I found</li> </ul>  |

|   |  |
|---|--|
|   | <ul style="list-style-type: none"> <li>- Found a website from Mayo Clinics</li> <li>- Found a website about anaphylaxis</li> </ul> <p><b>Daily Notes:</b><br/>Today I worked on adding the information from the source I found into the simple template I have made for the research. Additionally, I worked on finding two sources that I will add to the information template tomorrow.</p> <p><b>Goals for Next time:</b></p> <ul style="list-style-type: none"> <li>- Add two new sources information to the template</li> <li>- Create a more organized template</li> </ul> |
| <p><b>Mandatory Science fair meeting</b></p> <p><b>Tue. 2</b></p> | <p>We talked about the dates of the fairs, and the final approval to start the project, and double check that everybody is committed</p> <ul style="list-style-type: none"> <li>- Mandatory science fair every first Tuesday of the month.</li> </ul>  |
| <p><b>December 11</b></p>   | <p><b>Notes:</b></p> <ul style="list-style-type: none"> <li>- Created a more organized form for information</li> <li>- Found a source on allergy diagnostic</li> <li>- Added most of the information to the template</li> </ul> <p><b>Daily Notes:</b><br/>Today I started by adding the information from the websites I found last time into the template. While doing this, I realized that the current form of organization for the information was bad, so I changed that. Lastly, I continued researching, and I found a source for allergy diagnostics.</p>                |
| <p><b>December 28</b></p>   | <p><b>Notes:</b></p> <ul style="list-style-type: none"> <li>- Found source on hypoallergenic information</li> <li>- Added some of the information to the template</li> <li>- Made note of information to research</li> </ul> <p><b>Daily notes:</b></p>  |

|                    |   |
|--------------------|---|
|                    | <p>Today I started by writing down some more topics that would support my idea (Hypoallergenic, cross-contamination, and outgrowing allergies). Additionally, I began to research hypoallergenic products, and what they mean. Then later I put the information into the template I made.</p>   |
| <b>December 29</b> | <p><b>Notes:</b></p> <ul style="list-style-type: none"><li>- Researched and found three sources on cross-contamination</li><li>- Added the source information to template</li><li>- Researched and found a source on out growing an allergy</li><li>- Looked at last year's CYSF projects</li><li>- Looked at some inspiration for project design</li></ul> <p><b>Daily Notes:</b></p> <p>Today I started by researching cross-contamination in allergies, since it was one of the topics I decided yesterday that it would benefit our project. I found useful information from: Asthma and Allergy foundation of America, Allergy Québec, and Government of Canada website. Later, I added this information to the template that I created. Additionally, I also found a source from the Bass medical group about our growing allergies. Lastly, I looked at the CYSF projects from last year, to get an idea of how ours is going to turn out, as well as I started looking online for some ideas for the design of our project.</p> |
| <b>December 30</b> | <p><b>Notes:</b></p> <ul style="list-style-type: none"><li>- Researched and found two sources on outgrowing an allergy</li><li>- Added new information to the template</li></ul> <p><b>Daily Notes:</b></p> <p>Today I started looking into the science of outgrowing allergies. So far, I found two sources: one from the bass medical group, and one from the University of Pittsburgh. Later, I added the information to the template.</p>   |

|  |  |
|--|--|
| <p><b>December 31</b></p>  | <p><b>Notes:</b></p> <ul style="list-style-type: none"> <li>- Started looking into the different types of allergies</li> <li>- Found sources on all the different types of allergies</li> <li>- Started adding that information to the template</li> </ul> <p><b>Daily Notes:</b></p> <p>Today I started researching different types of allergies, and I found a source from the Asthma and Allergy Foundation of America. This source gave a brief description of all the different types of allergies, but it linked to other sources that had a more in-depth explanation of each. So far, I have researched mold, food, latex, insects, and drug allergies, and I still need to research pet and pollen allergies.</p> |
| <p><b>January 6<br/>Mandatory<br/>Science Fair<br/>meeting</b></p> | <p>We talked about the due dates, and a reminder to fill out the registration for the CYSF and the ethics form.</p> <ul style="list-style-type: none"> <li>- Finish everything by the end of January</li> <li>- I filled out the registration and ethics form</li> </ul>   |
| <p><b>January 21</b></p>   | <p><b>Notes:</b></p> <ul style="list-style-type: none"> <li>- Finished researching the different types of allergies</li> <li>- Added new information into template</li> <li>- Started looking into immunotherapy with allergy tablets, antihistamines, and decongestants for allergy treatments.</li> </ul> <p><b>Daily Notes:</b></p> <p>Today I finished looking into different types of allergies, by researching pollen and pet allergies. Later, I added the information to the template. I also found a source from Healthline, and American college of Allergy, Asthma, and Immunotherapy, that talks about immunotherapy, and decongestants or allergies. I still need to research antihistamines.</p>             |

|                   |  |
|-------------------|--|
| <b>January 29</b> | <p><b>Notes:</b></p> <ul style="list-style-type: none"><li>- Added research about decongestant into template</li><li>- Found source on nasal decongestions, and added information into template</li><li>- Found source on antihistamines</li></ul> <p><b>Daily Notes:</b></p> <p>Today I started by adding the information I learned about decongestants into the template, then I started looking into nasal sprays. I also found a source of antihistamines that I need to add info into the template.</p>   |
| <b>January 30</b> | <p><b>Notes:</b></p> <ul style="list-style-type: none"><li>- Added information about antihistamines into template</li><li>- Found a source on the difference between an allergy and intolerance</li><li>- Added the information into template</li></ul> <p><b>Daily Notes:</b></p> <p>Today I started by adding information about antihistamines into the template. I also started looking into the difference between allergies and intolerances, and I found two sources for that: one from Mayo Clinic, and another from Better Health Channel.</p>   |
| <b>February 1</b> | <p><b>Notes:</b></p> <ul style="list-style-type: none"><li>- Learned more about ephedrine + Added info to template</li><li>- Looked at the difference between IgE-mediated allergies and non-IgE-Mediated allergies.</li><li>- Added the information to template</li><li>- Researched on how we can make schools safer for kids with allergies + Added info to template</li></ul> <p><b>Daily Notes:</b></p> <p>Today I started by looking at Epinephrine (EpiPens) because I realized that I had not looked at the before. Additionally, I researched the difference between IgE-Mediated and Non-IgE-Mediated and added that information to the template. Lastly, I found some information on safety for allergies, but I might need more.</p> |

|  |   |
|--|---|
| <b>February 3<br/>(Mandatory<br/>Science Fair<br/>Meeting)</b> | We talked about the requirements for the trifold, as well as some presentation guidance   |
| <b>February 5<br/>(Signed out<br/>Trifold)</b>                 | Today I signed up for my trifold and brought it home.   |
| <b>February 7</b>  | <p><b>Notes:</b></p> <ul style="list-style-type: none"> <li>- Found a source that had a graph that I will add to my project</li> </ul> <p><b>Notes:</b></p> <p>Today I started by looking at some data I could use for my project, and I found two sources. I am a little confused on the graph, so I asked a friend with past science fair experience, and she told me that the graph I found was good, but I should have around 3-5 graphs.</p>   |
| <b>February 8</b>  | <p><b>Notes:</b></p> <ul style="list-style-type: none"> <li>- Started writing the final piece of information that will be displayed on the trifold</li> <li>- Found wrapping paper on amazon that I will use to cover my board</li> <li>- Used sticky notes to visualize the placement of everything</li> </ul> <p><b>Notes:</b></p> <p>Today I started writing bits of information that I need to go on the trifold to display information. Additionally, I found some gray wrapping paper on amazon that I will use to cover the marks on the board. Lastly, I used sticky notes to visualize the placement of the topics on my trifold, but the sticky notes kept falling off, so I am going to need to do that again with tape.</p> |
| <b>February 9</b>  | <p><b>Notes</b></p> <ul style="list-style-type: none"> <li>- Purchased the wrapping paper from amazon</li> <li>- Continued to work on the information pieces</li> <li>- Fixed the sticky notes on the trifold</li> </ul> <p><b>Daily Notes</b></p>  |

|                    |  |
|--------------------|--|
|                    | <p>Today I started by purchasing the wrapping paper for the trifold, then properly sticking on the sticky notes to the board to visualize. Then I continued to work on the information pieces.</p>   |
| <b>February 11</b> | <p><b>Notes:</b></p> <ul style="list-style-type: none"> <li>- Finished information bits</li> <li>- Wrapped trifold in wrapping paper that arrived</li> </ul> <p><b>Daily Notes:</b></p> <p>Today I finished the information pieces that would go on the trifold, and then I wrapped the trifold in the wrapping paper that arrived.</p>    |
| <b>February 12</b> | <p><b>Notes:</b></p> <ul style="list-style-type: none"> <li>- Look for images online I can add to my board</li> </ul> <p><b>Daily Notes:</b></p> <p>Today I started looking for some images that I can put in my trifold.</p>  |
| <b>February 14</b> | <p><b>Notes:</b></p> <ul style="list-style-type: none"> <li>- Added information pieces into Canva where I will print them out later</li> </ul> <p><b>Daily Notes:</b></p> <p>Today I spent my time adding all the information pieces into Canva, where I will be printing them out at staples another day.</p>                             |
| <b>February 15</b> | <p><b>Notes:</b></p> <ul style="list-style-type: none"> <li>- Printed out everything at staples</li> </ul> <p><b>Daily Notes:</b></p> <p>Today I started by printing out everything out a staple, then cutting all the white borders off the papers I printed. Cutting out everything took around an hour because I had so many pages.</p> |
| <b>February 16</b> | <p><b>Notes:</b></p> <ul style="list-style-type: none"> <li>- Added information to board</li> <li>- Wrote and printed out conclusion</li> </ul> <p><b>Daily Notes:</b></p>   |

|  |  |
|--|--|
|  | <p>Today I added all the information to my board, and then I realized that I forgot to write a conclusion, so I wrote that quickly, printed it out, and added it to the board.</p>   |
| <b>February 17</b>                         | <p><b>Notes:</b></p> <ul style="list-style-type: none"> <li>- Sent file to Mr. Acheson for printing</li> </ul> <p><b>Daily Notes:</b></p> <p>Today I noticed a huge spelling mistake on my board, so I fixed it on Canva, and sent it to Mr. A for him to print. Additionally, there were some emptier spaces on my board, so I found some more images, and sent those to Mr. A as well. When I got home, I added the improvements to the board.</p> |
| <b>February 18</b>                         | <p><b>Notes:</b></p> <ul style="list-style-type: none"> <li>- Wrote script</li> </ul> <p><b>Daily Notes:</b></p> <p>Today I wrote my script.</p>   |
| <b>February 19<br/>(Mandatory Meeting)</b> | <p>We talked about how tomorrow was going to work.</p>   |
| <b>February 19</b>                         | <p><b>Notes:</b></p> <ul style="list-style-type: none"> <li>- Printed out script and practiced</li> <li>- Picked out formal outfit</li> <li>- Printed out logbook</li> </ul> <p><b>Daily Notes:</b></p> <p>Today I printed out my script and practiced a lot. I also picked out an outfit for the fair, because I was told to dress nicely. Lastly, I printed out the logbook</p>  |
| <b>February 20</b>                         | <p><b>Science Fair</b></p>   |

## Resources: In MLA format

| Name or page                                  | Title of website    | URL   | Date last accessed or date last updated |
|---|---------------------|---|---|
| Allergies                                     | Mayo clinic         | <a href="https://www.mayoclinic.org/diseases-conditions/allergies/symptoms-causes/syc-20351497">https://www.mayoclinic.org/diseases-conditions/allergies/symptoms-causes/syc-20351497</a>   | Aug 24, 2024                            |
| Allergy medications: Know your options.       | Mayo Clinic         | <a href="https://www.mayoclinic.org/diseases-conditions/allergies/in-depth/allergy-medications/art-20047403">https://www.mayoclinic.org/diseases-conditions/allergies/in-depth/allergy-medications/art-20047403</a>   | March 28, 2025                          |
| Anaphylaxis                                   | Cleveland Clinic    | <a href="https://my.clevelandclinic.org/health/diseases/8619-anaphylaxis">https://my.clevelandclinic.org/health/diseases/8619-anaphylaxis</a>   | 10/17/2023                              |
| Diagnosis                                     | Food Allergy Canada | <a href="https://foodallergy.ca/food-allergy-basics/food-allergies-101/diagnosis/#:~:text=Skin%20prick%20test,then%20mixed%20with%20that%20allergen.">https://foodallergy.ca/food-allergy-basics/food-allergies-101/diagnosis/#:~:text=Skin%20prick%20test,then%20mixed%20with%20that%20allergen.</a> | Did not say                             |
| Hypoallergenic: Is There Really Such a Thing? | Healthline          | <a href="https://www.healthline.com/health/allergies/hypoallergenic">https://www.healthline.com/health/allergies/hypoallergenic</a>   | April 26, 2019                          |
| Asthma and Allergy foundation of America      | Allergy Symptoms    | <a href="https://aafa.org/allergies/allergy-symptoms/#:~:text=What%20Is%20an%20Allergy?,househo">https://aafa.org/allergies/allergy-symptoms/#:~:text=What%20Is%20an%20Allergy?,househo</a>   | November 2015                           |

|                          |   |   |                  |
|--------------------------|---|---|------------------|
|                          |   | ld%20products%20are%20other%20examples.   |                  |
| Government of Canada     | Tips for avoiding common allergens in food                  | <a href="https://www.canada.ca/en/health-canada/services/food-allergies-intolerances/avoiding-allergens-food/tips-avoiding-common-allergens-food.html">https://www.canada.ca/en/health-canada/services/food-allergies-intolerances/avoiding-allergens-food/tips-avoiding-common-allergens-food.html</a>   | May 6, 2019      |
| Allergy Quebec           | Cross-contact (Cross-contamination)                         | <a href="https://allergies-alimentaires.org/en/cross-contamination/#:~:text=Cross%2Dcontact%20(Cross%2Dcontamination,the%20risk%20of%20cross%2Dcontact.">https://allergies-alimentaires.org/en/cross-contamination/#:~:text=Cross%2Dcontact%20(Cross%2Dcontamination,the%20risk%20of%20cross%2Dcontact.</a>   | N/A              |
| Bass Medical Group       | Can You Get Rid of Allergies Forever? What the Science Says | <a href="https://www.bassmedicalgroup.com/blog-post/get-rid-of-allergies-forever#:~:text=Can%20You%20Outgrow%20Allergies?,or%20stress%20can%20alter%20reactions">https://www.bassmedicalgroup.com/blog-post/get-rid-of-allergies-forever#:~:text=Can%20You%20Outgrow%20Allergies?,or%20stress%20can%20alter%20reactions</a>   | October 28, 2025 |
| University of Pittsburgh | Tween Science: Can we really “outgrow” food allergies?      | <a href="https://www.pittmed.pitt.edu/news/food-allergies-not-always-forever-exposure-immune-system-antibodies#:~:text=The%20exact%20science%20is%20a,from%20the%20Winter%202024%20issue.">https://www.pittmed.pitt.edu/news/food-allergies-not-always-forever-exposure-immune-system-antibodies#:~:text=The%20exact%20science%20is%20a,from%20the%20Winter%202024%20issue.</a> | Winter of 2024   |

|  |  |   |  |
|--|--|---|--|
| Healthline                               | Can You Outgrow Allergies?                     | <a href="https://www.healthline.com/health/allergies/can-you-outgrow-them#Food-allergies-in-adults">https://www.healthline.com/health/allergies/can-you-outgrow-them#Food-allergies-in-adults</a> | December 17, 2016<br><br>And<br>May 16, 2016 |
| Asthma and Allergy Foundation of America | Types of Allergies                             | <a href="https://aafa.org/allergies/types-of-allergies/">https://aafa.org/allergies/types-of-allergies/</a>   | October 2015                                 |
| Asthma and Allergy Foundation of America | Drug Allergies                                 | <a href="https://aafa.org/allergies/types-of-allergies/medicine-drug-allergy/">https://aafa.org/allergies/types-of-allergies/medicine-drug-allergy/</a>   | May 2024                                     |
| Asthma and Allergy Foundation of America | Food Allergies                                 | <a href="https://aafa.org/allergies/types-of-allergies/food-allergies/">https://aafa.org/allergies/types-of-allergies/food-allergies/</a>   | December 2022                                |
| Asthma and Allergy Foundation of America | Insect Allergies                               | <a href="https://aafa.org/allergies/types-of-allergies/insect-allergy/">https://aafa.org/allergies/types-of-allergies/insect-allergy/</a>   | October 2015                                 |
| Asthma and Allergy Foundation of America | Latex Allergies                                | <a href="https://aafa.org/allergies/types-of-allergies/latex-allergy/">https://aafa.org/allergies/types-of-allergies/latex-allergy/</a>   | September 2024                               |
| Asthma and Allergy Foundation of America | Mold Allergies                                 | <a href="https://aafa.org/allergies/types-of-allergies/mold-allergy/">https://aafa.org/allergies/types-of-allergies/mold-allergy/</a>   | September 2024                               |
| Asthma and Allergy foundation of America | Allergic Bronchopulmonary Aspergillosis (ABPA) | <a href="https://aafa.org/asthma/asthma-triggers-causes/health-conditions-that-trigger-">https://aafa.org/asthma/asthma-triggers-causes/health-conditions-that-trigger-</a>                       | June 2019                                    |

|  |  |   |                  |
|--|--|---|------------------|
|  |  | asthma/allergic-bronchopulmonary-aspergillosis/#:~:text=Allergic%20bronchopulmonary%20aspergillosis%20(ABPA)%20is,of%20breath%2C%20much%20like%20asthma.  |                  |
| Asthma and Allergy Foundation of America               | Pet Allergy                                      | <a href="https://aafa.org/allergies/types-of-allergies/pet-dog-cat-allergies/">https://aafa.org/allergies/types-of-allergies/pet-dog-cat-allergies/</a>   | September 2024   |
| Asthma and Allergy Foundation of America               | Pollen Allergies                                 | <a href="https://aafa.org/allergies/types-of-allergies/pollen-allergy/">https://aafa.org/allergies/types-of-allergies/pollen-allergy/</a>   | September 2024   |
| Cleveland Clinic                                       | Pollen Allergy                                   | <a href="https://my.clevelandclinic.org/health/diseases/pollen-allergy">https://my.clevelandclinic.org/health/diseases/pollen-allergy</a>   | 11/20/2023       |
| American college of Allergy, Asthma, and Immunotherapy | Allergy Immunotherapy                            | <a href="https://acaai.org/allergies/management-treatment/allergy-immunotherapy/">https://acaai.org/allergies/management-treatment/allergy-immunotherapy/</a>   |                  |
| American college of Allergy, Asthma, and Immunotherapy | Immunotherapy with allergy tablets               | <a href="https://acaai.org/allergies/management-treatment/allergy-immunotherapy/immunotherapy-with-allergy-tablets/">https://acaai.org/allergies/management-treatment/allergy-immunotherapy/immunotherapy-with-allergy-tablets/</a> |                  |
| Healthline   | How can decongestants be used to treat allergies | <a href="https://www.healthline.com/health/allergies/decongestants">https://www.healthline.com/health/allergies/decongestants</a>   | October 25, 2024 |
| Cleveland Clinic                                       | Nasal Decongestants                              | <a href="https://my.clevelandclinic.org/health/drugs/24923-nasal-decongestant">https://my.clevelandclinic.org/health/drugs/24923-nasal-decongestant</a>   | April 20, 2023   |
| Cleveland Clinic                                       | Antihistamines                                   | <a href="https://my.clevelandclinic.org/health/tr">https://my.clevelandclinic.org/health/tr</a>   | July 26, 2024    |

|                            |   |   |                   |
|----------------------------|---|---|-------------------|
|                            |   | eatments/antihistamines   |                   |
| Mayo Clinic                | Food allergy vs. food intolerance: What's the difference?         | <a href="https://www.mayoclinic.org/diseases-conditions/food-allergy/expert-answers/food-allergy/faq-20058538">https://www.mayoclinic.org/diseases-conditions/food-allergy/expert-answers/food-allergy/faq-20058538</a>   | February 28, 2024 |
| Better Health Channel      | Food Allergy and Intolerance                                      | <a href="https://www.betterhealth.vic.gov.au/health/conditionsandtreatments/food-allergy-and-intolerance">https://www.betterhealth.vic.gov.au/health/conditionsandtreatments/food-allergy-and-intolerance</a>   | April 10, 2022    |
| Food Allergy Canada        | Epinephrine: Life-saving medication for severe allergic reactions | <a href="https://foodallergycanada.ca/wp-content/uploads/5_Epinephrine_Web_March2021.pdf">https://foodallergycanada.ca/wp-content/uploads/5_Epinephrine_Web_March2021.pdf</a>   | May 2020          |
| Asthma and Allergy Network | What is Epinephrine?  | <a href="https://allergyasthmanetwork.org/anaphylaxis/what-is-epinephrine/#:~:text=Epinephrine%20for%20anaphylaxis%20reduces%20or,the%20first%20sign%20of%20anaphylaxis.">https://allergyasthmanetwork.org/anaphylaxis/what-is-epinephrine/#:~:text=Epinephrine%20for%20anaphylaxis%20reduces%20or,the%20first%20sign%20of%20anaphylaxis.</a>   | N/A               |
| Food Allergy Canada        | What is a food Allergy?   | <a href="https://foodallergycanada.ca/food-allergy-basics/food-allergies-101/what-are-food-allergies/#:~:text=There%20are%20two%20categories%20of%20food%20allergies:,last%20longer%20than%20IgE%20mediated%20allergy%20symptoms.">https://foodallergycanada.ca/food-allergy-basics/food-allergies-101/what-are-food-allergies/#:~:text=There%20are%20two%20categories%20of%20food%20allergies:,last%20longer%20than%20IgE%20mediated%20allergy%20symptoms.</a> | N/A               |

|                                |  |  |                          |
|--------------------------------|--|--|--------------------------|
| <p>Northern Health Stories</p> | <p>What can you do to support safe and inclusive school environments for children with food allergies?</p> | <p><a href="https://stories.northernhealth.ca/stories/what-can-you-do-support-safe-and-inclusive-school-environments-children-food-allergies#:~:text=For%20example%2C%20some%20schools%20have,mature%20enough%20to%20do%20so).">https://stories.northernhealth.ca/stories/what-can-you-do-support-safe-and-inclusive-school-environments-children-food-allergies#:~:text=For%20example%2C%20some%20schools%20have,mature%20enough%20to%20do%20so).</a></p> | <p>May 24, 2017</p>      |
| <p>Government of Canada</p>    | <p>Health Fact Sheets<br/><br/>Chronic Conditions, 2017</p>  | <p><a href="https://www150.statcan.gc.ca/n1/pub/82-625-x/2018001/article/54983-eng.htm?utm_source=chatgpt.com">https://www150.statcan.gc.ca/n1/pub/82-625-x/2018001/article/54983-eng.htm?utm_source=chatgpt.com</a></p>   | <p>November 14, 2018</p> |



