

## What can I do if my child has a reaction?

Your child should be provided with advice about what to do if they have another reaction. The plan is usually written down – Allergy Management Plan.

**Mild reactions** - hives, swelling or vomiting, but no breathing problems or faintness. If possible, get the child to spit out the food. Give an antihistamine. This can be repeated if the child vomits.

**Severe reaction - difficulty breathing** (wheezing, noisy breathing, coughing, blue colour); **swelling in the throat** (noisy breathing, drooling); feeling faint or dizzy, **looking very pale** (lie the child down with their legs raised). **Get help straight away and dial 999 stating “anaphylaxis” (ana-fil-ak-sis). If you have an adrenaline pen – use it.**

If your child has suffered breathing problems or faintness, egg may first be tried in a hospital challenge.

## Who needs to know about my child’s egg allergy?

It is important to inform the nursery/school and any after school clubs. Any other carers will also need to know.

## Can my child grow out of their egg allergy?

One third of children will grow out of their allergy to egg by 3 and two thirds by 6 years old, particularly if they are able to consume baked egg products.

## Contact details?

### References:

Prosty C, et al. Clinical characteristics and management of pediatric egg—induced anaphylaxis. *Ann Allergy Asthma Immunol*, 2024  
Egg Allergy Guidelines - North West Paediatric Allergy Implementation Group  
Kim S, et al, Practical issues of oral immunotherapy for egg or milk allergy. *Clin Exp Pediatr*, 2024  
*Influenza: The Green Book. Chapter 19. Public Health England, Nov 2023*  
*BSACI guidelines for management of Egg Allergy. Updated 2021*

*last reviewed 2024 date for next review 2027*  
*This information should be used in conjunction with advice from a medical professional.*



# Egg Allergy

## Information for Parents and Carers

[www.allergynorthwest.nhs.uk](http://www.allergynorthwest.nhs.uk)



## What is egg allergy?

Egg allergy is one of the commonest allergies, affecting 1 in 50 children in the UK. It is caused by proteins present in both the egg white and yolk.

80% of children who are allergic to scrambled or boiled egg will tolerate baked egg in biscuits and cakes. In this case, your child should continue to eat the baked egg to maintain and improve their tolerance.

## What are the symptoms of egg allergy?

Symptoms usually occur immediately after eating the egg. They often consist of a rash (hives or “nettle” rash), swelling of the lips or around the eyes and itching. Some children develop an itchy throat, others feel sick, vomit or have diarrhoea.

Severe reactions (anaphylaxis) are much less common but include difficulty breathing (with wheeze or swelling of the mouth or throat), feeling faint or dizzy. These need urgent medical attention.

Delayed reactions may lead to flares of a child’s eczema, tummy pain, vomiting or diarrhoea.

## How do we diagnose egg allergy?

Diagnosis is usually based on a history of a typical reaction. Allergy tests such as skin prick tests and blood tests provide evidence of reactions to raw egg. They can be positive in patients who are fine with cooked egg. Where the history is unclear or we want to know if the child has outgrown their egg allergy an oral challenge is required.

### References:

Prosty C, et al. *Clinical characteristics and management of pediatric egg—induced anaphylaxis.* *Ann Allergy Asthma Immunol*, 2024  
Egg Allergy Guidelines - North West Paediatric Allergy Implementation Group  
Kim S, et al, *Practical issues of oral immunotherapy for egg or milk allergy.* *Clin Exp Pediatr*, 2024  
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## How to avoid egg?

Cooking and baking makes egg less likely to cause an allergic reaction. Although a child may get hives or swelling if they touch raw egg in cake mix, they usually tolerate the mix once it has been baked into cakes or biscuits. If the biscuits and cakes are tolerated, these foods should **not** be taken out of their diet, as it helps your child grow out of their egg allergy more quickly.

In children who have had severe reactions, all egg-containing foods listed below might need to be avoided:

Egg solids/ powder	Egg white	Egg yolk	Egg albumin
Ovalbumin	Ovoglobulin	Ovomucin	Ovovitellin
Egg lecithin (E322)	Livetin	Globulin	

Lecithin can be made from egg, soya, or sunflower. If the type of lecithin used is not specified, check with the manufacturer. It is important to read all food labels and packaging.

## What about vaccinations such as MMR and ‘flu?

Mumps, Measles and Rubella (MMR) vaccine can be given to all children with egg allergy **at the GP surgery. No special precautions are required.**

Eight hundred UK children with egg allergy, a third of whom had previously suffered anaphylactic reactions to egg, were given the ‘flu vaccine in the “Sniffle study”. None suffered a serious allergic reaction. **‘flu vaccine can be safely given at the GP surgery** to anyone with an egg allergy. The exception is children who have had a previous anaphylactic reaction requiring intensive care, in which case they should seek advice from their allergy doctor.

*last reviewed 2024 date for next review 2027*

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