



U.S. Army Child, Youth
& School Services

18 May 2012

Dear CYSS track team participants,

This memo is to remind everyone that Fort Belvoir CYSS facilities are established to be a nut-free environment. This decision was made to help reduce the possibility of a serious, life threatening event from occurring to a child who has an allergy to a nut tree (such as walnut, peanut, almond, and cashew).

Documented allergies to nuts and nut based products are increasing. It is estimated that three million Americans have an allergy to a nut tree. An allergic reaction is sensitivity to a specific substance, called an allergen, which comes into contact with the skin, is inhaled into the lungs, is swallowed or is injected. The body's reaction to an allergen can be mild, such as a local rash or life threatening such as anaphylactic shock. Anaphylactic shock is a medical emergency and sometimes fatal.

Please note that a member of the track team has a severe peanut allergy. When sending food and snacks with your children to track meets and practices, please choose non-nut containing products to ensure the safety and wellness of all of our children. In addition, please remind children not to share snacks as sharing snacks is an unsafe practice.

Thank you for your understanding and support.

Sincerely,

Tish Anderson, RN

CYSS Health Specialist