

# The Nut Allergy Law

By Halee Aubry

The United States have created phenomenal laws over the years. There is only one law I could think of that could make the country outstanding. Imagine a law that makes people more aware, makes sure that no one is left out, and lets more people know about the severity of nut allergies. Passing a law that makes the country nut free could do wonders for society.

First of all, most people are unaware of allergies. If a kid tells somebody that they have an allergy, the person might not know how to respond. If the kid has a peanut allergy, then the person might think that just because the food does not have peanut butter then it is safe for the child to consume. Cross-contamination is an excessively big unawareness of allergies. Cross-contamination is when a person touches a contaminated surface then touches an uncontaminated surface without realizing it. For example, if a shop worker finishes wiping a peanut butter spill, wipes his hands and then checks out a customer that has a severe nut allergy. This is an example of cross-contamination, since the shop worker did not wash his hands from cleaning up the spill, he spreads the peanut butter germs to a customer who is highly allergic. This situation could be avoided if making the U.S nut free. Another situation that could be avoided is people not taking allergies seriously. When I tell kids that have a nut allergy, they think that it's a weird disease that I made up, even though it is not. They think that just because something does not have peanut butter in it, it is safe, but it is not. And every time that I explain it to them, they get more confused on allergies. If there was a law making the U.S nut free then, more people would be aware of the safety precautions that need to be in place for nut allergies.

Secondly, if there was a law making the U.S nut free, then everyone can enjoy places without the constant worry of making sure that the product is nut free. I know that when my family tries out a new food product, we must make sure everything is nut free, the oil, the dough, spices, toppings, how it has made and everything else. If the country was nut free, then that worry would be off my shoulders! Lots of kids go to birthday parties and they cannot really enjoy it. The kids attend the party but are not able to enjoy the food, making them feel left out. I for one have been through this scenario and making the country nut free could mean equality and no one feeling left out. Some kids even get teased for having an allergy. Kids can be cruel about having a nut allergy, making the kid who has feel left out, unequal. Kids that have allergies should be proud that they have something unique instead of feeling small.

In addition to unawareness and people feeling left out, severity is also serious when it comes to nut allergies. In fact, nut allergies are one of the eight most common allergies. Actually severity is serious for all allergies. Allergies are scaled to find the severity of them. Allergies can be scaled from getting hives or having to go to the ER, fighting for your life. When I first got tested for a peanut allergy, my numbers were off the charts and my allergy was potentially airborne. When an allergy is airborne, the particles from the allergy that are in the air would cause anaphylaxis. Anaphylaxis is the reaction a person has because they have been exposed to their allergen. Anaphylaxis can range from having a rash or having to take the painful shot of the EpiPen and hoping that it works. Anaphylaxis is incredibly serious and a big reason why people might not eat fast food, go to certain events, or try new things. If the U.S was nut free, then anaphylaxis could become a thing of the past! People could go to carnivals, try different ice cream flavors without having to worry about having anaphylaxis.

As you can see, passing a law mandating the country to be nut free would make this country a better place. People would be more aware, people would not be left out, and more people would know about the severity of nut allergies. The country would be more enjoyable for people who have the quite common nut allergy.