

HOP-SCOTCH TOTS

Bubbly pals Katy Rodger and Hannah Kamester hop-scotched the length of Exmouth sea front – and raised money for an organisation which has helped keep them alive.

For the four-year-olds suffer from anaphylaxis – a rare but serious food allergy which means to even touch some foods can spark a massive reaction.

Katy was discovered to be severely allergic to dairy products almost from birth but Hannah was two before it was found she had a near identical problem with peanuts.

Although the vigilance of their parents has kept both girls safe they also rely on the Anaphylaxis Campaign – a charity which keeps them up to date on product information and the latest medical breakthroughs.

To say thank-you for their support, on Sunday the Exmouth pair joined forces and hop-scotched from Orcombe Point to the Inshore Lifeboat Station. Together they managed a mile of the sea front and raised £350 in the effort.

Katy's mum, Alison said: "We have to watch them like a hawk at all times because the consequences could be horrific. They both know they must not accept any food from anyone but it is a constant worry that somehow they will eat something that they are allergic to."

Both families have seen the girls suffer anaphylactic shocks either from eating the wrong food or by touching it.

In each case they can swell up, develop rashes and hives, struggle with their breathing and face reactions similar to a burn – both inside and outside the body.

Both girls must carry an adrenaline injection which in an emergency must be pumped into the muscle – something which everyone left in charge of the youngsters must learn how to do.

Kathryn Kamester, Hannah's mother, said: "It is something we just hope never has to be used but it is good to know it is there if we need it."

The families have offered each other support since a chance meeting at the Rainbow Nursery in Exmouth.

But they say the Anaphylactic Campaign has been a massive help.

The Campaign is fighting for better research into the condition, legislation for improved labelling of foods and the education of medics.



Answer in sentences.

- 1 How old are Katy and Hannah?
- 2 How far did the girls hop-scotch along Exmouth sea front?
- 3 How much money did they raise?
- 4 What must Katy not eat, drink or touch?
- 5 What must Hannah not eat or touch?
- 6 Their parents have to "watch them like a hawk". Why is this a good way of describing how they watch over the girls?
- 7 List three possible allergic reactions the girls might have.
- 8 If one of the girls did have an allergic reaction, what treatment should be used immediately?
- 9 How would the improved labelling of food help the girls?
- 10 What do the following words and phrases mean?
 - a) allergy
 - b) vigilance
 - c) product information
 - d) a medical breakthrough
 - e) legislation