

WORKPLACE PROGRAM GUIDE

RED SNEAKERS FOR OAKLEY

Red Sneakers for Oakley is a 501(c)(3) nonprofit committed to educating and advocating for food allergy awareness to save lives.



In this Workplace Program Guide, you will find information about Oakley Debbs, how to host a Red Sneaker Day, food allergy resources and more!

OUR STORY

Oakley was the 11-year-old son of Robert and Merrill, and twin brother of Olivia Debbs. In November 2016, we tragically lost Oakley due to a fatal anaphylactic reaction to walnut extract.

Shortly after Oakley's death, we decided to publicly share Oakley's story to help raise awareness about the dangers of food allergies.



We immediately saw a need for education and awareness and founded the non-profit organization Red Sneakers for Oakley to prevent what happened to Oakley from happening to another child.

Oakley wore red sneakers in the multiple sports he played, they were his favorite. Red Sneakers have now become a powerful symbol to represent food allergy awareness around the world.

We hope you will put on your red sneakers in support of food allergy awareness and help prevent life-threatening anaphylactic reactions.

-The Debbs Family

**To read Oakley's full story,
visit redsneakers.org/oakleys-story.**



WHAT IS A RED SNEAKER DAY?

Red Sneaker Days are designed to engage and educate those in a workplace environment to become informed about the importance of food allergy awareness.

Our workplace program provides education on how to properly prepare for and respond to anaphylaxis.

The workplace program also provides educational resources on how to plan a Red Sneaker Day to help build community, compassion, and understanding for those who have food allergies.



**NEARLY 11% OF
ADULTS HAVE FOOD
ALLERGIES.**



**EVERY THREE
MINUTES, A FOOD
ALLERGY REACTION
SENDS SOMEONE TO
THE EMERGENCY
ROOM.**

Red Sneaker Day Objectives

- Promote Food Allergy Awareness
- Provide a Safe Environment for Those with Food Allergies
- Inform and Educate
- Create a Community That Supports Those with Food Allergies



HOST A RED SNEAKER DAY

Visit redsneakers.org/host-an-event and fill out the registration form or contact us directly at info@redsneakers.org.

Next, we will establish a Red Sneakers for Oakley administrator from the workplace with whom the RSFO team can work closely to organize the day. We like to call this special person our Red Sneakers for Oakley Ambassador!

Together, we will discuss past work day success stories, fundraising, donations, and RSFO merchandise to create the Red Sneaker Day agenda.

Suggested Red Sneaker Day Events:

- Informational Presentation
- PSA Viewing
- Red Sneaker Keychain Fundraiser
- Epinephrine Auto-Injector Training
- Sports Day



GETTING STARTED

1. Get in contact with the RSFO.
 2. Decide what you would like to do at your workplace for your Red Sneaker Day.
 3. Choose what resources you would like to use.
 4. Get all resources and event plans approved by the appropriate coordinator at your workplace.
 5. Pick a date for the Red Sneaker Day.
 6. Let the RSFO contact person know what resources and RSFO items you would like for your Red Sneaker Day.
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RESOURCES



This is a presentation that addresses the basics of food allergies and anaphylaxis. It is a great way to teach your workplace about food allergies and how to use an epinephrine auto-injector.



This short film conveys the critical and integral relationship that must exist between a restaurant and a diner who suffers from food allergies.



First Steps in the Workplace: This article gives some ways to discuss any reasonable accommodations you may need to perform your job as well as your rights at work while living with food allergies.



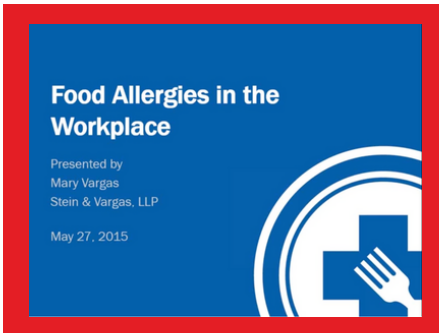
Lunch and Parties in the Workplace: This article gives some ways to navigate work lunches and parties in a way that keeps those with food allergies safe.



RESOURCES



Information for Employers: This article provides strategies to provide a safe and working environment for employees with food allergies.



Food Allergies in the Workplace Webinar: This webinar will introduce the rights of applicants and employees with disabilities, with special focus on food allergies.



Public Access to Epinephrine: This article explains that having access to undesignated epinephrine auto-injectors – devices that are not prescribed to a particular individual and may be stocked in public places – can be life-saving.

KNOW THE SYMPTOMS OF ANAPHYLAXIS

It can take more than an hour for symptoms to manifest. When symptoms relating to TWO bodily systems manifest themselves after ingesting an allergen, **SEE EPINEPHRINE** in hives along with vomiting, or hives with trouble breathing. **Just remember: Epi First, Epi Fast!**

SEVERE SYMPTOMS

- SHORTNESS OF BREATH, WHIZZING, COUGH
- FALL OR BLUSHY SKIN, FAINTNESS, WEAK PULSE, DIZZINESS
- TIGHT OR HOARSE THROAT, TROUBLE BREATHING/SWALLOWING
- SIGNIFICANT SWELLING OF TONGUE OR LIPS
- MANY HIVES OVER BODY, WIDESPREAD REDNESS
- REPEATED VOMITING, SEVERE DIARRHEA
- CONFUSION, ANXIETY, IMPENDING SENSE OF DOOM

For ANY severe symptom, INJECT EPINEPHRINE IMMEDIATELY & CALL 911!

- Tell the emergency dispatcher the person is experiencing anaphylaxis and may need epinephrine when emergency responders arrive.
- Consider giving additional medications after epi (ie: inhaler if wheezing)
- Lay the person flat, raise legs and keep warm. If breathing is difficult or they are vomiting, lay them on their side.
- If symptoms do not improve, or symptoms return, another dose of epinephrine can be given 5 minutes or more after the first dose.
- Transport patient to ER, even if symptoms resolve.

MILD SYMPTOMS

- ITCHY OR BUNNY NOSE, SNEEZING
- ITCHY MOUTH
- A FEW HIVES, MILDLY ITCHY SKIN
- MILD NAUSEA OR DISCOMFORT

For mild symptoms from MORE THAN ONE SYSTEM AREA, administer epinephrine & call 911!

For mild symptoms from A SINGLE SYSTEM AREA, follow these directions:

- Antihistamines may be given, if ordered by a doctor.
- Stay with the person; alert emergency contacts.
- If symptoms worsen, administer epinephrine.

Source: Food Allergy Research & Education (FARE)

redsneakers.org | info@redsneakers.org | (833)-OAKLEY1 | f @redsneakersforoakley

Know the Signs of Anaphylaxis: These cards explain the signs and symptoms of mild and severe allergic reactions and how to respond. RSFO can provide these cards for everyone at your workplace.



FUNDRAISING

Red Sneakers for Oakley depends on donors and fundraising to continue to be able to provide free life saving information to the general public. Here are some ways you can fundraise at your workplace.

Dress Down Day: For this Red Sneaker Day, the workplace would be able to dress casually and wear red/red sneakers to the office. You would then ask that employees make a small donation (\$1 - \$5) to RSFO. You can use this [donation link](#) and make a note in Step 4 of the donation page what organization or business the donation is from.

Keychain Fundraiser: Host a fundraiser selling the RSFO Red Sneaker Keychains. You can request keychains from RSFO or send employees directly to the website to purchase. We sell the keychains for \$10.



Wristband Fundraiser: Host a fundraiser selling the RSFO wristbands. You can request wristbands from RSFO or send employees directly to the website to purchase. We sell the wristbands for \$1.



Matched Giving: Ask the company or organization to match donations given by employees as way to support those with food allergies.





MAY 20TH

PARTICIPATE IN INTERNATIONAL RED SNEAKERS DAY

for food allergy awareness



- 1 Take a photo of yourself in red sneakers (or anything red).
- 2 On May 20th, post your photo on social media to help spread food allergy awareness!
- 3 Tag us! @redsneakersforoakley on Facebook and Instagram. Tag @oakley_red on Twitter.
- 4 Use hashtags:
#redsneakersforoakley
#foodallergyawareness
#internationalredsneakersday

VISIT [REDSNEAKERS.ORG/IRSD](https://redsneakers.org/irsd) FOR MORE INFO



@RedSneakersForOakley



@redsneakersforoakley



@oakley_red



ADDITIONAL RESOURCES

Our goal is to work together to build a stronger front for the food allergy community in order to keep people safe. Below are a few links where you can find more information about these and other food allergy awareness initiatives:

Additional Resources

- Food Allergy Research and Education (FARE)
- Food Allergy & Anaphylaxis Connection Team (FAACT)
- Center for Food Allergy and Asthma Research (CFAAR)
- Australian Society of Clinical Immunology and Allergy
- Natasha Allergy Research Foundation UK
- National Health Service UK
- Food Allergy Canada
- Allergic Living





CONTACT US



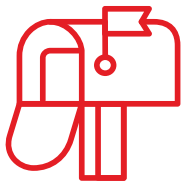
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