

To Whom It May Concern,

Re Nuts on Flights, and Anaphylaxis.

Please prohibit airlines from providing nuts on board flights, and please strive to have passengers not bring these items on board.

We feel strongly that there should not be nuts on flights. Canada and the USA recognize 9 priority allergens. 90% of anaphylactic reactions are caused by the 9 allergens. Peanuts and tree nuts are included in the allergens.

It is more difficult to clean surfaces of nut residue due to the oily nature of nuts (verses milk proteins for example)

Nuts are highly allergenic (1/8000 of a peanut can cause an anaphylactic reaction).

Anaphylaxis is a serious allergic reaction that is rapid in onset and can possibly be fatal. The highest incidence of anaphylaxis occurs in school-aged children. Anaphylaxis can be caused by either digestion of allergens, or, contact with allergens. It is understood that absorption is a drug delivery system of choice for nicotine and hormone replacement, etc. The same theory that the body absorbs thru the skin and can have a meaningful impact on a body is true with allergens being absorbed on airplane seats and trays and causing anaphylaxis.

Given the difficulty in cleaning the nuts from surfaces and the highly allergenic nature of nuts we should strive to prohibit nuts on airplanes, including serving nuts. Air Canada provides a bowl of warm cashews to its first class passengers. Air Canada also provides a pesto and pasta dish, and the pesto contains pine nuts.

Sabrina's Law has been in place in Ontario since 2005, excluding nuts from classrooms and common areas in schools. The government further regulates eliminating nuts from schools thru the Ministry of Education Child Protection Order for Anaphylaxis. In 2016 parents know not to bring nuts to schools, soccer practice, and birthday parties. And yet when we board a plane with out 6 year old son who is anaphylactic, and who has received epinephrine 4 times in his short life, we worry immensely for his safety well being given that persons are allowed to bring nuts on board planes, and nuts are further encouraged in that they are provided for passengers by the airlines themselves.

Should a child or adult go into anaphylactic shock for diagnosed or undiagnosed anaphylaxis they will have a very short period of time before their airways close. You can help our family, and the thousands of Canadians in our same unfortunate position.

Calla Nestibo