

Fish and shellfish allergy

Early childhood services

Seafood allergy is more common in adults than children and usually remains a lifelong problem. People with seafood allergy are usually allergic to either fish or shellfish, rather than both.

01

Allergy action plan

Allergy action plans are recommended to advise staff what to do if a known allergen is ingested. The action plan should be developed with the child's family and treating team (doctor, allergist, paediatrician) and be approved and signed by a recognised health professional involved in their care.

On enrolment, centres should request written documentation of confirmed allergies from the child's treating team. Parents should document exactly what their child can and cannot tolerate to avoid confusion and this should be written on the allergy action plan.

Specialised anaphylaxis action plans are essential for children with anaphylactic reactions.

For information about developing an allergy action plan refer to [Allergy policy and allergy action plans](#) or the Australasian Society of Clinical Immunology and Allergy (ASCIA)* website <http://www.allergy.org.au/>.

02

Fish allergy

Avoiding fish

Fish allergy can be an allergic reaction to any one or more of the following:

Fish that commonly cause an allergic response

- Salmon
- Mackerel
- Herring
- Tuna
- Barramundi
- Flake
- Flounder
- Hake
- Pilchards
- Snapper
- Whiting
- John Dory
- Cod
- Sardines
- Anchovies
- Trout
- Bream
- Flathead
- Garfish
- Orange roughy
- Shark
- Sole
- Whitebait
- Pike
- Haddock
- Perch

People who are allergic to one type of fish are often allergic to other types of fish, but are often not allergic to other types of seafood.

Label reading

Check the labels of the following foods, as they may contain fish:

- Antipasto
- Marinara sauce
- Pescatore sauce
- Dips
- Fish gelatin
- Sushi
- Soups
- Canned spreads (fish paste)
- Caesar salad (anchovies)
- Greek dishes
- Fish sauce
- Bouillabaisse
- Salad dressings (anchovies)
- Fish stock
- Caesar salad dressing
- Worcester sauce
- Products fortified with omega 3
- Anything from a fish and chip shop (cooked in oil used to cook fish)

02

Shellfish allergy

Avoiding shellfish

Shellfish allergy can be an allergic reaction to any one or more of the following:



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Shellfish that commonly cause an allergic response

- Prawns
- Crayfish
- Mussels
- Yabbies
- Scampi
- Cockle
- Crab
- Shrimp
- Abalone
- Octopus
- Sea snail
- Sea slugs
- Marron
- Oysters
- Lobster
- Clams
- Cuttlefish
- Scallops
- Abalone
- Molluscs
- Squid
- Calamari
- Barnacles
- Balmain bugs
- Garden slugs and snails
- Morton bay bugs

People allergic to shellfish should avoid all seafood in this group but not necessarily fish.

Label reading

Check the labels of the following foods, as they may contain shellfish:

- Bouillabaisse
- Prawn crackers
- Fish stock
- Seafood extender
- Squid ink
- Scampi fries
- Cuttlefish ink
- Oyster sauce
- Fish sauce
- Marinara sauce
- Pescatore sauce
- Pet or fish food
- Asian soups and dishes
- Seafood/marinara pizza
- Seafood flavouring

* The ASCIA website includes personal action plans for allergic reactions and for anaphylaxis. These are medical documents that can only be completed and signed by the patient's treating medical doctor and cannot be altered without their permission.

References:

- Dietary Avoidance – Fish Allergy, Australasian Society of Clinical Immunology and Allergy, 2013, <http://www.allergy.org.au/patients/food-allergy/ascia-dietary-avoidance-for-food-allergy/fish>.
- Dietary Avoidance – Shellfish Allergy, Australasian Society of Clinical Immunology and Allergy, 2013, ASCIA <https://www.allergy.org.au/patients/food-allergy/ascia-dietary-avoidance-for-food-allergy>.