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Cross Contamination  
Collaboration  
By: Veronica W.

# Dedication

I would like to thank my friends Ali, Izzy, and Sarah for giving me inspiration for my book. My brother Jacob since he always taught me to do bigger things. My dad since he always encouraged me to keep going. My mom for always being troop leader for as long as I remember and also for keeping me going. Most importantly, I would want to dedicate this to my mentor, Shelley. She is the best role model I could've asked for. I cannot tell you all the things she has helped me with. Without her I couldn't have finished this project even if I tried.

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Contact Veronica at [girlscouthigherawards@gmail.com](mailto:girlscouthigherawards@gmail.com)

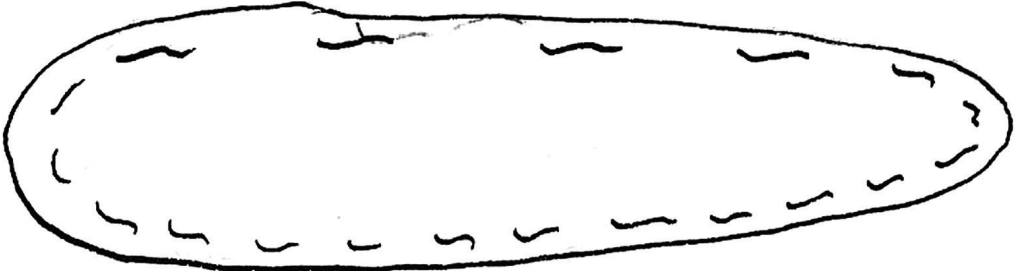
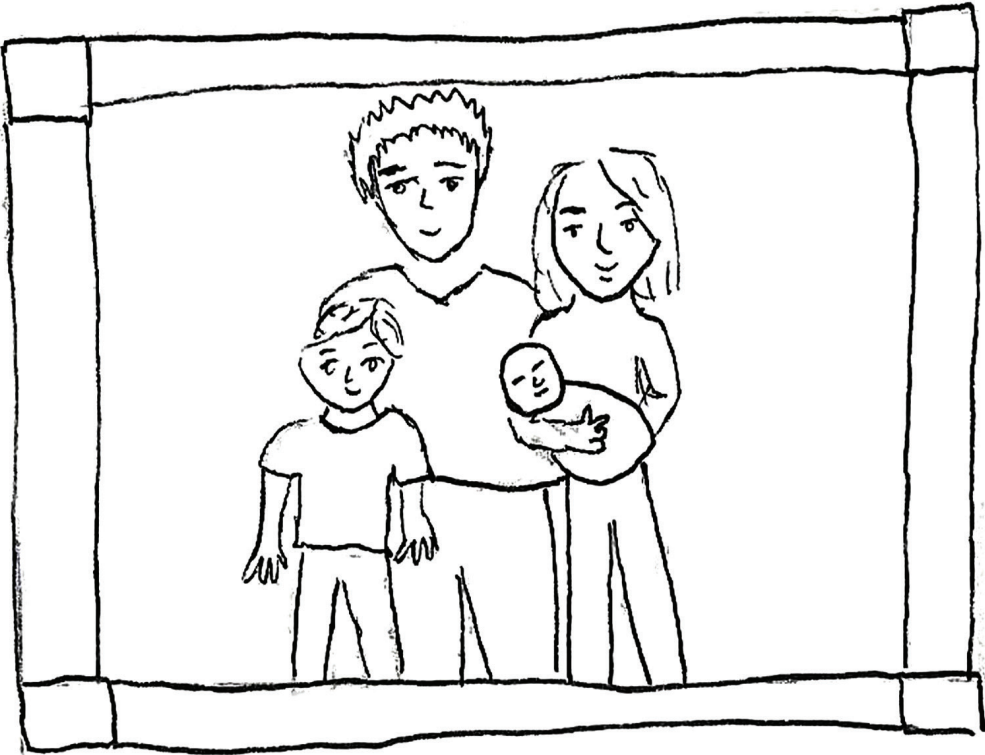
# **The Cross Contamination Collaboration**

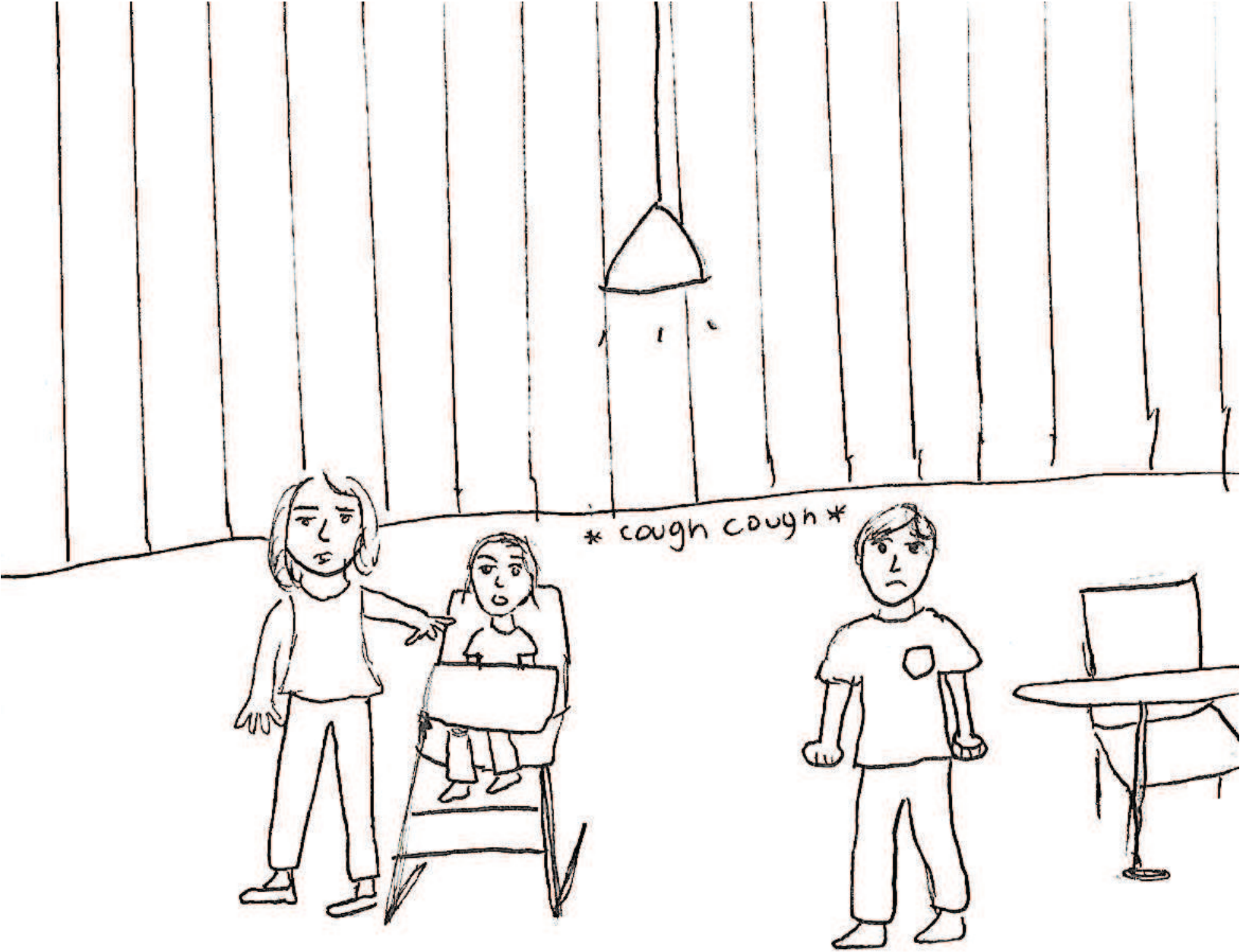
An Allergy Awareness Coloring Book  
and Girl Scout Silver Award Project

by

**Veronica Wathen**

Iris Dunne was born into a very loving family. She had a mother named Melissa, a dad named Albert, and an older brother named Andrew.

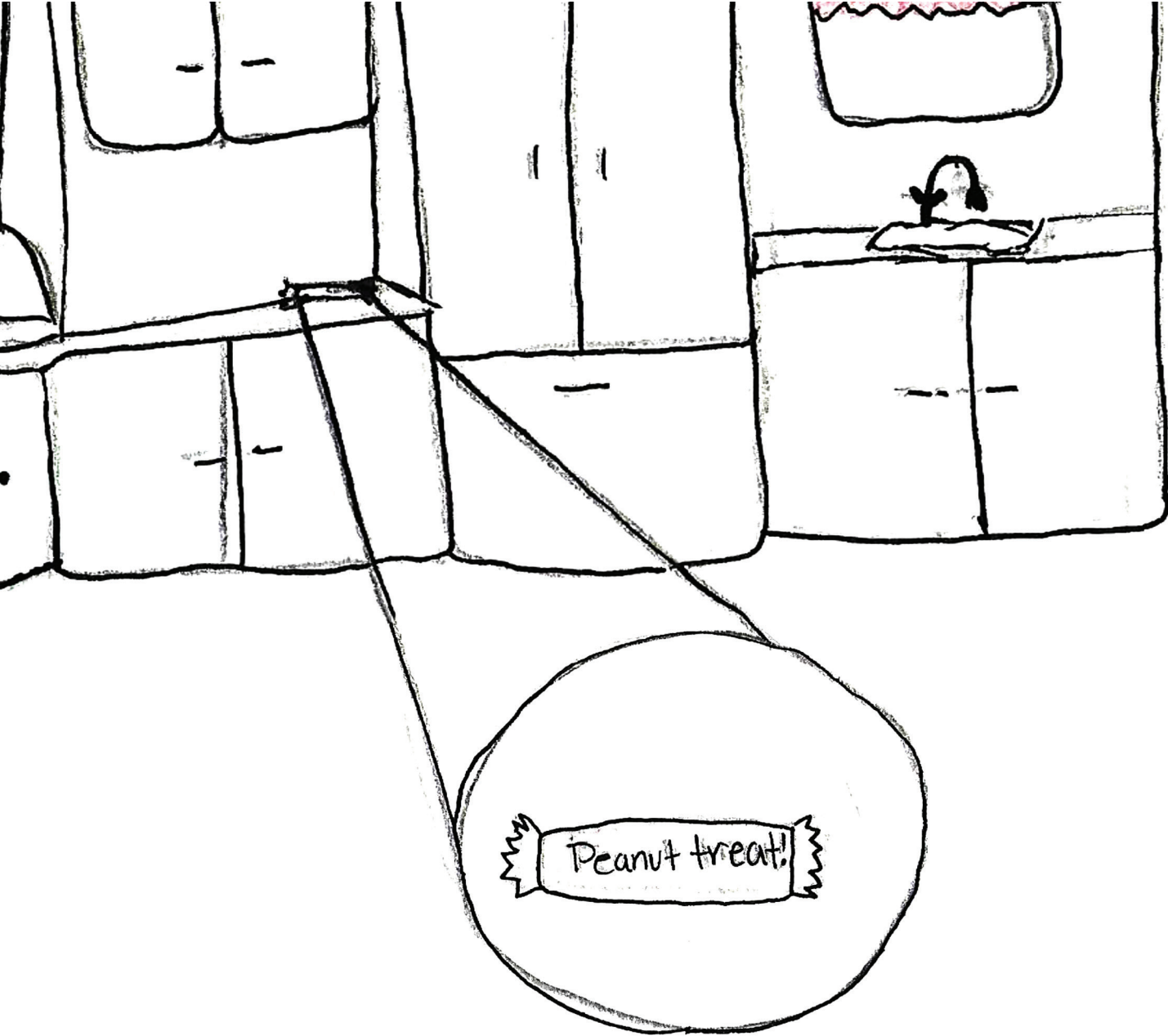




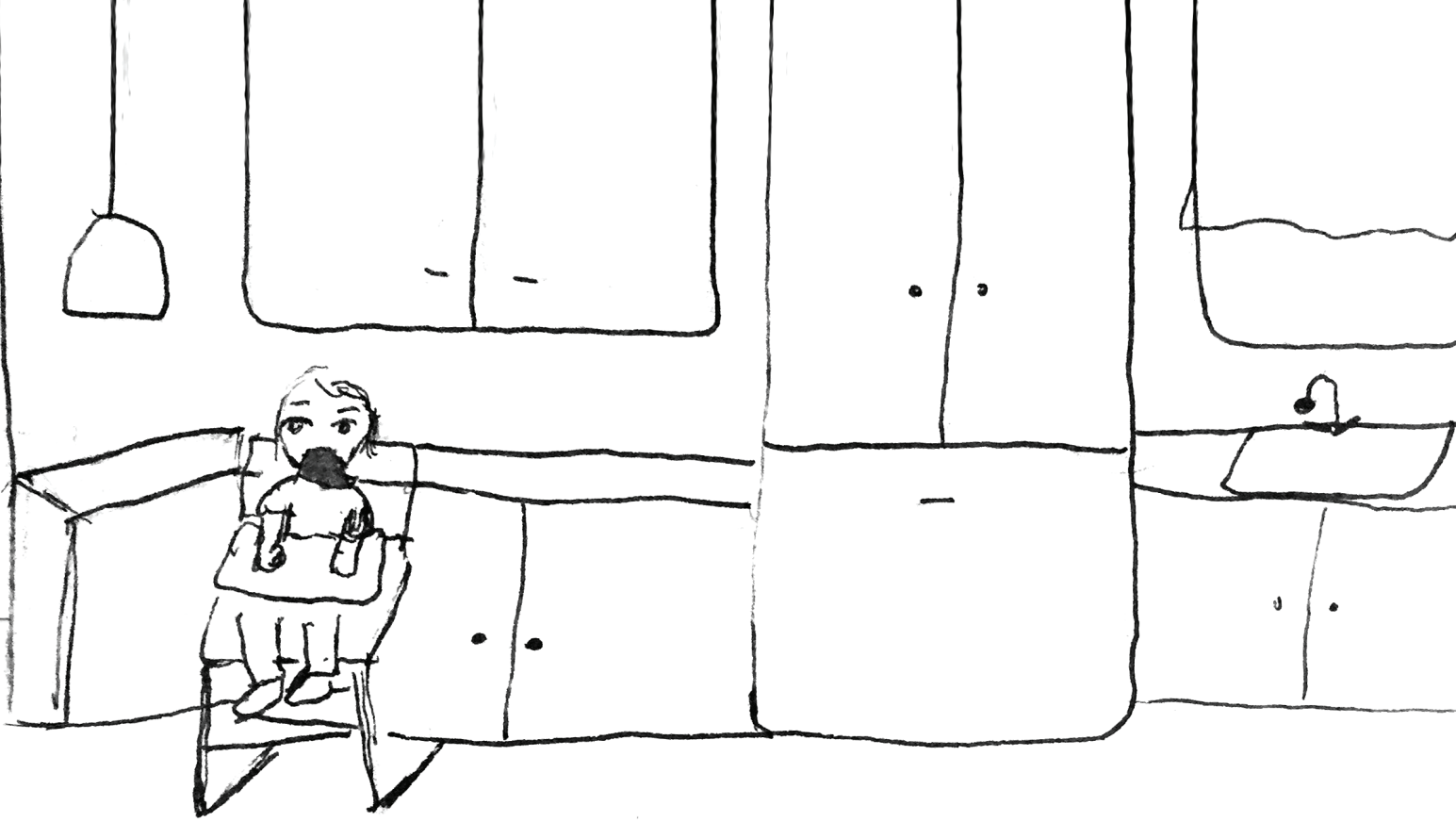
Once she was a toddler, Iris started having a hard time breathing.

When her mom took Iris to the hospital, the doctor explained Iris had asthma. The doctor also suggested testing iris for allergies as soon as possible.





One day Iris's brother Andrew had a peanut butter bar. He forgot to get rid of it so the wrapper was left on the table.



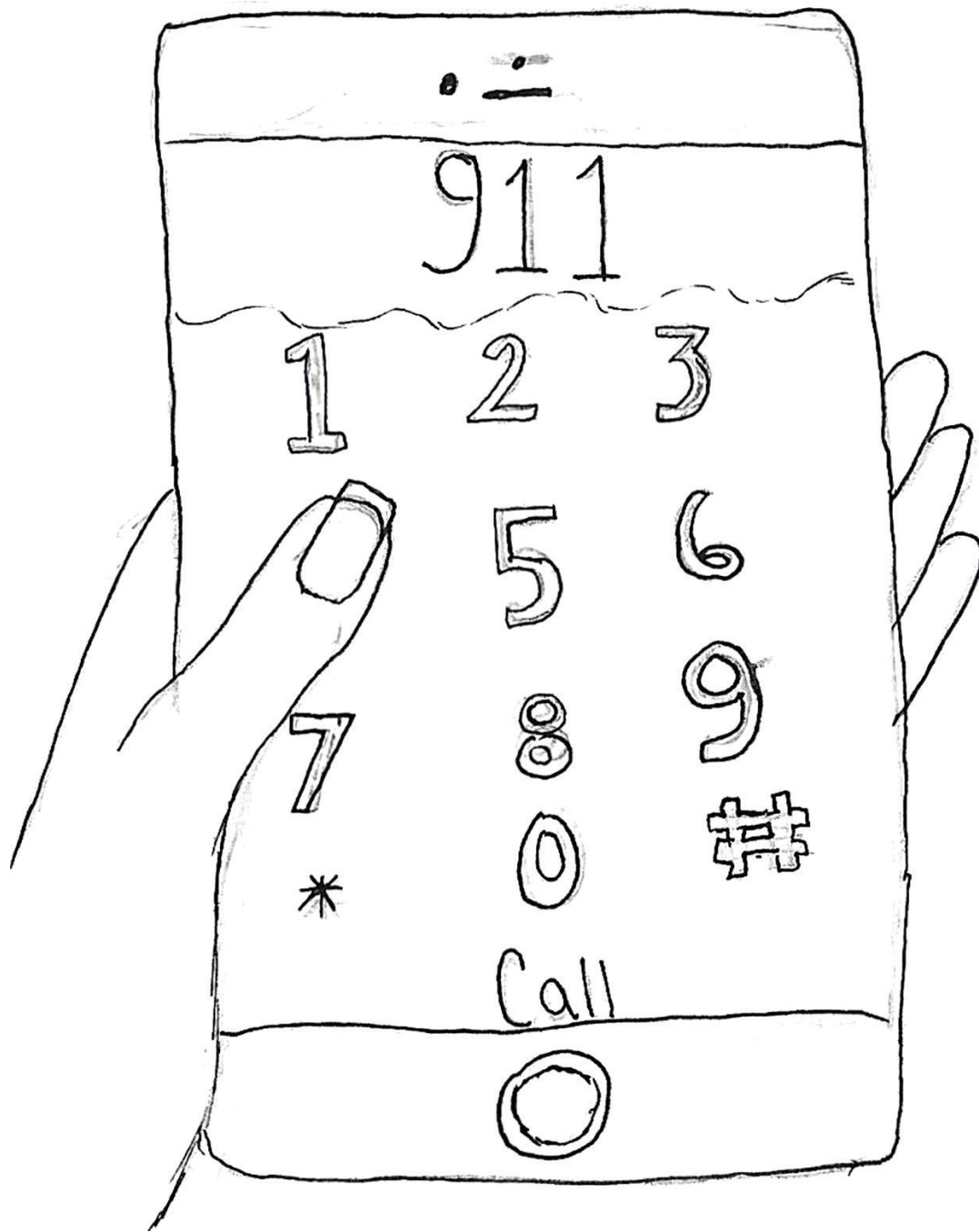
Iris put the wrapper in her mouth without thinking of the consequences.



Iris's mom, Melissa, was in total shock! Millions of thoughts were bouncing around in her head, like "What if Iris chokes on the wrapper?!"

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Iris started reacting very poorly. It came to the point where Melissa had to dial 9-1-1!

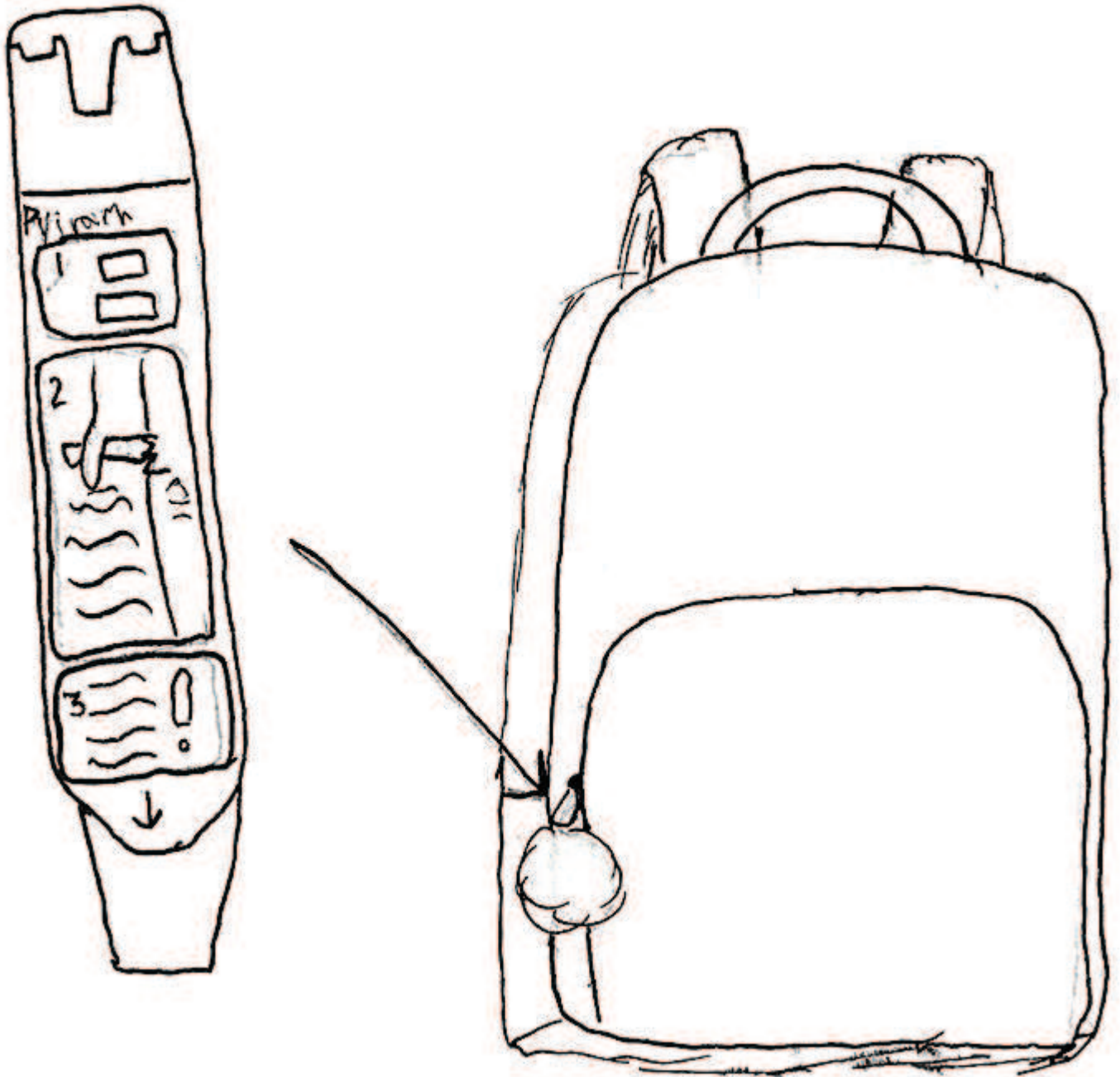
Iris was rushed to the hospital and even had to use an epipen. Melissa had no clue what that was, so the EMTs explained that epipens make the blood vessels smaller and the air tubes bigger.

After running tests at the hospital, Iris was diagnosed with severe allergies to peanuts.



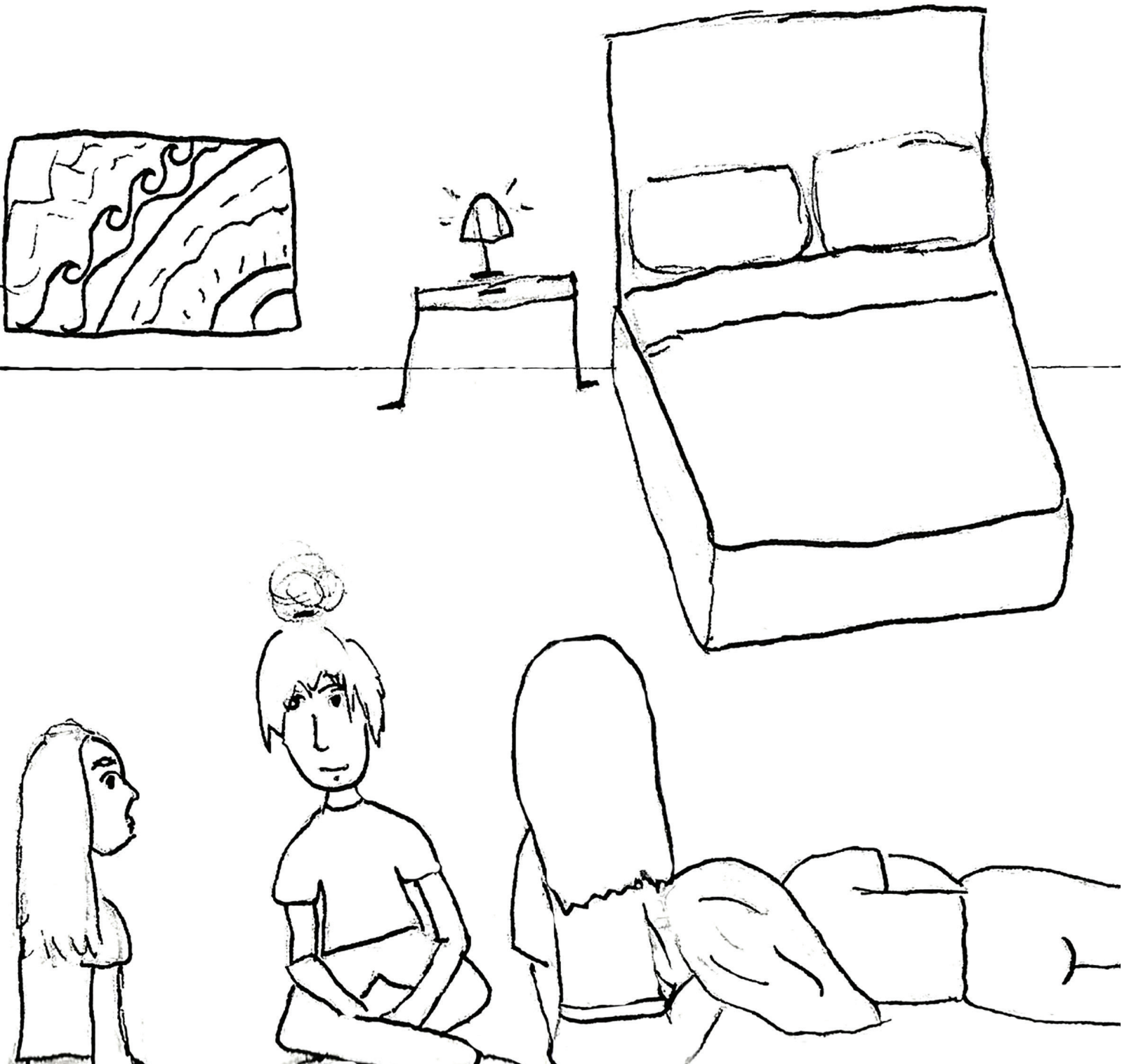
Later, Iris was invited to a sleepover! Her mom was very hesitant, however after persistant begging she finally said yes.





Melissa made sure Iris knew exactly where her epipen was. They went over it several times.

At the sleepover, Iris and the girls were having a blast. However, they were starting to get hungry.





Her friend's mom started preparing  
some PB&Js.

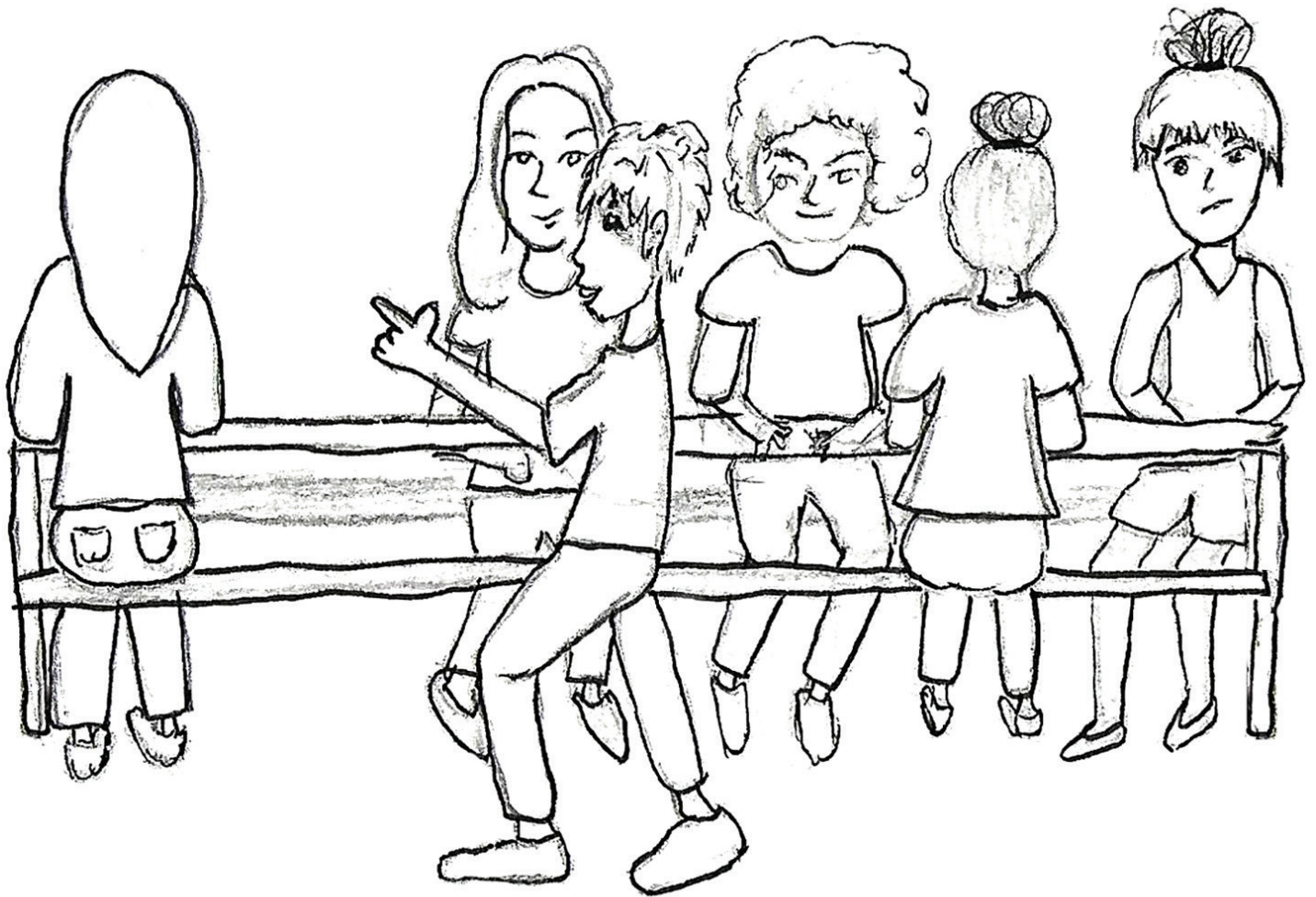
Once the mom came in, Iris worked up the courage to explain that she had severe allergies. The mom rushed the sandwiches out of the room.





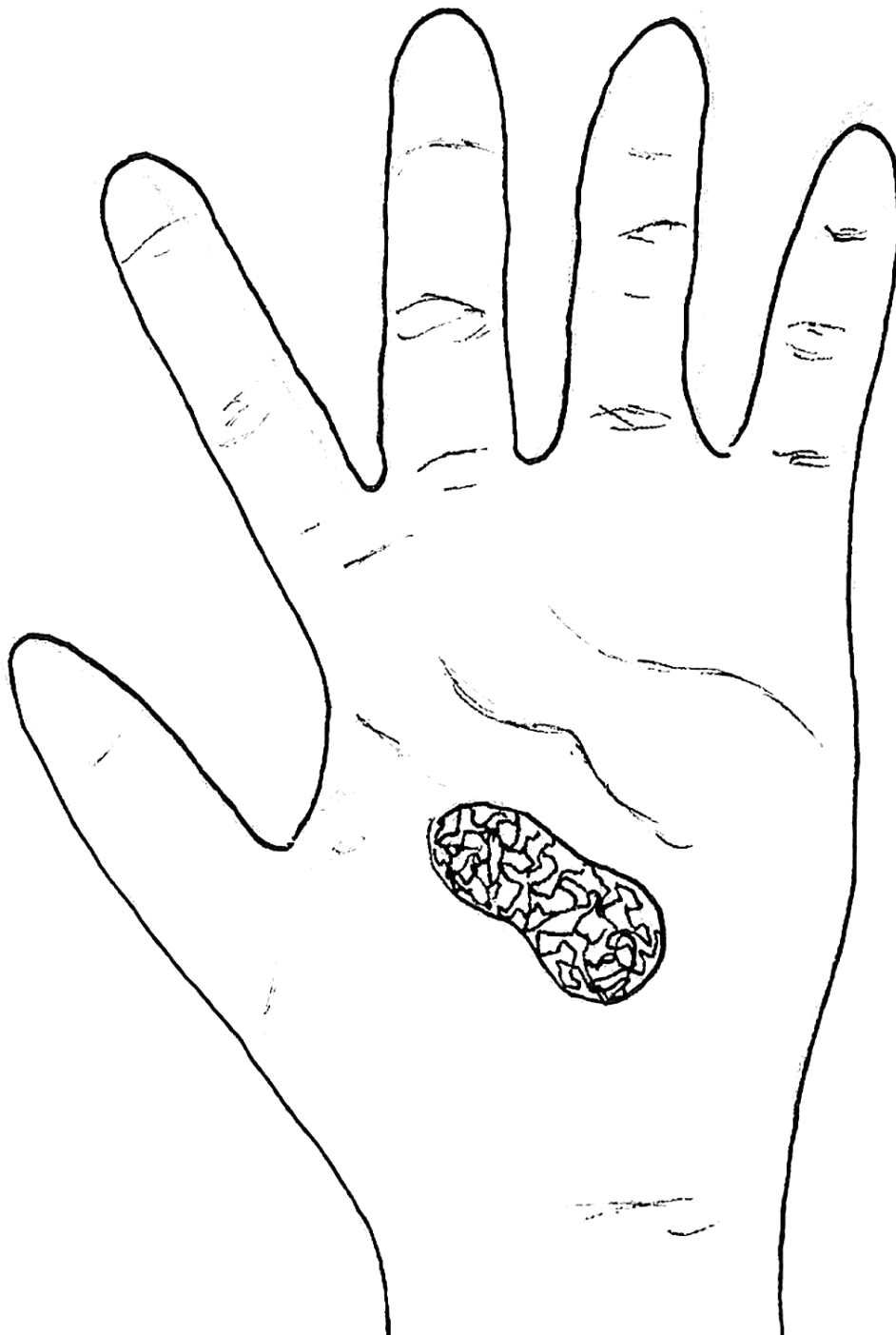


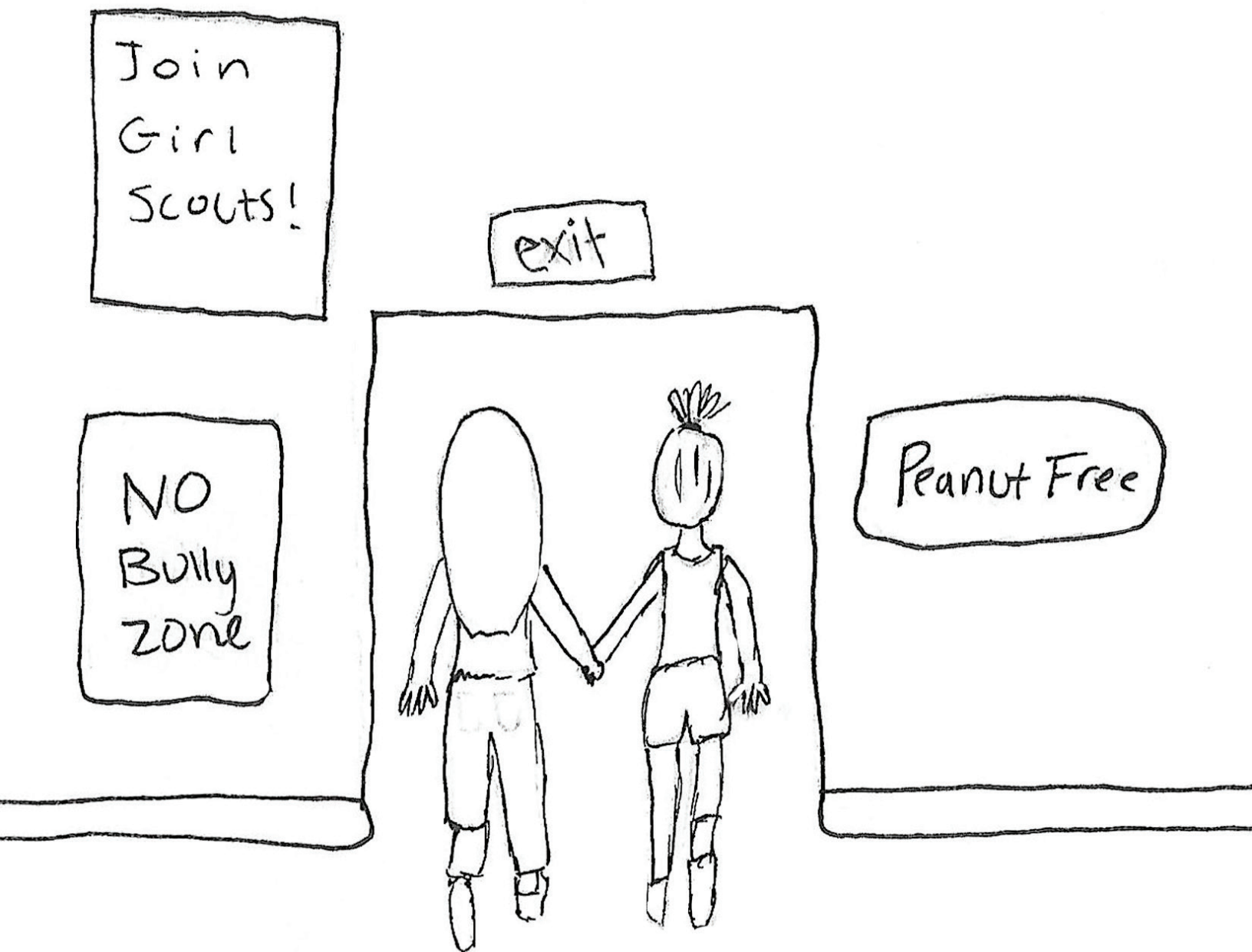
The mom washed everything thoroughly and ordered pizza instead. The girls had a blast!!!



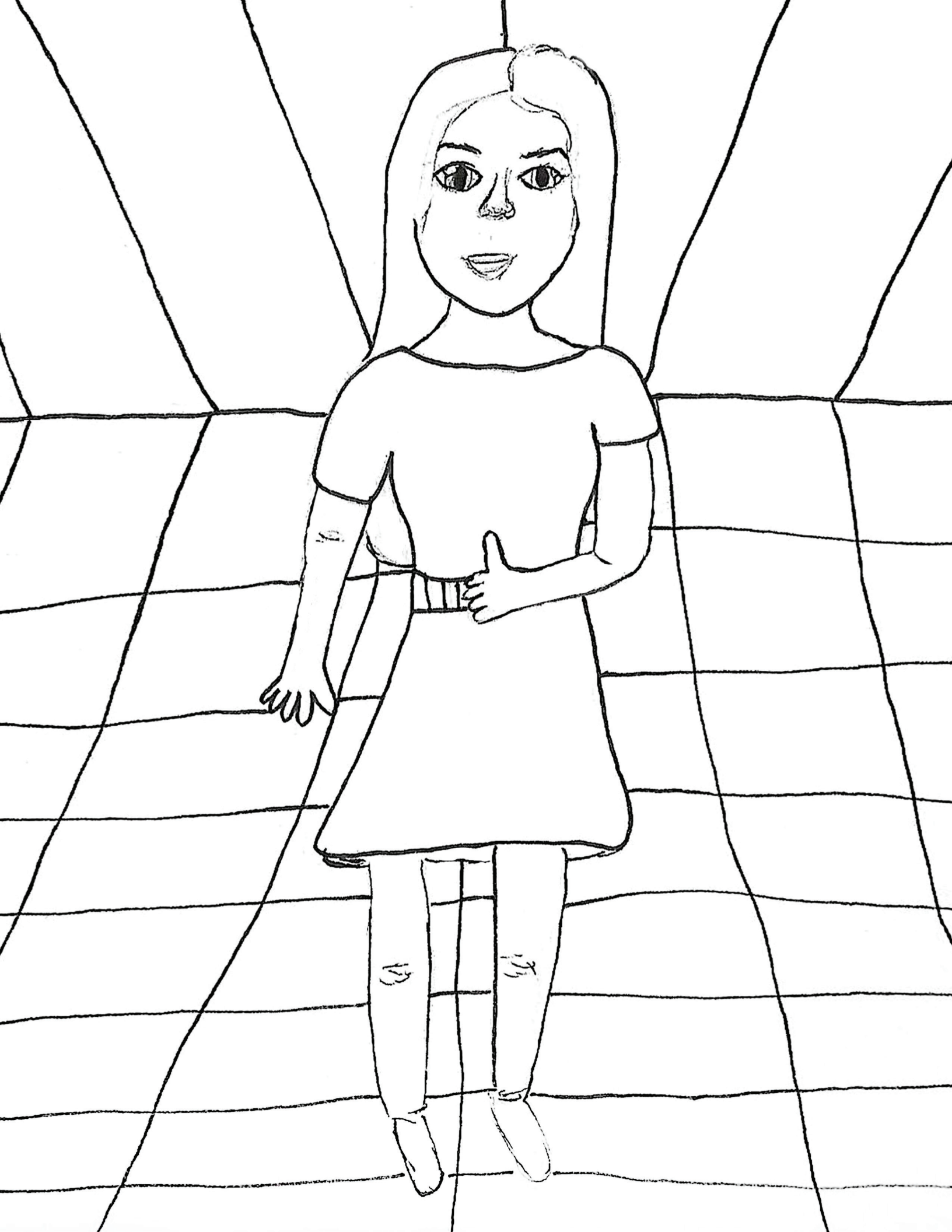
After the sleepover, Iris’s “friends” were laughing about how she lectured them not to eat peanuts at the nut-free table.

One of them even dared her to eat  
a peanut! But before she could  
respond, her best friend took her  
hand and led her away.





Iris and her best friend walked hand-in-hand out of that bad situation.



# Allergy FAQ

## **What are the top 8 allergies?**

The top eight most common allergens are milk, eggs, fish, shellfish, tree nuts, peanuts, wheat, and soya.

## **Can allergies be cured?**

You may not be able to cure allergies but you are able to treat and control them. However, it might take a while.

## **What does “hypoallergenic” mean?**

“Hypo” translates to under or less than. This means that it is a product that’s less likely to trigger an allergic reaction.

## **Are stress and allergies linked?**

Yes. When you are stressed, your body releases chemicals that lead to allergy symptoms. It may not cause a reaction but it can make one worse.

## **Do allergy shots have side effects?**

Typically the shots can cause slight swelling and/or redness where someone was injected. These reactions can happen right then and there or hours after the actual shot.

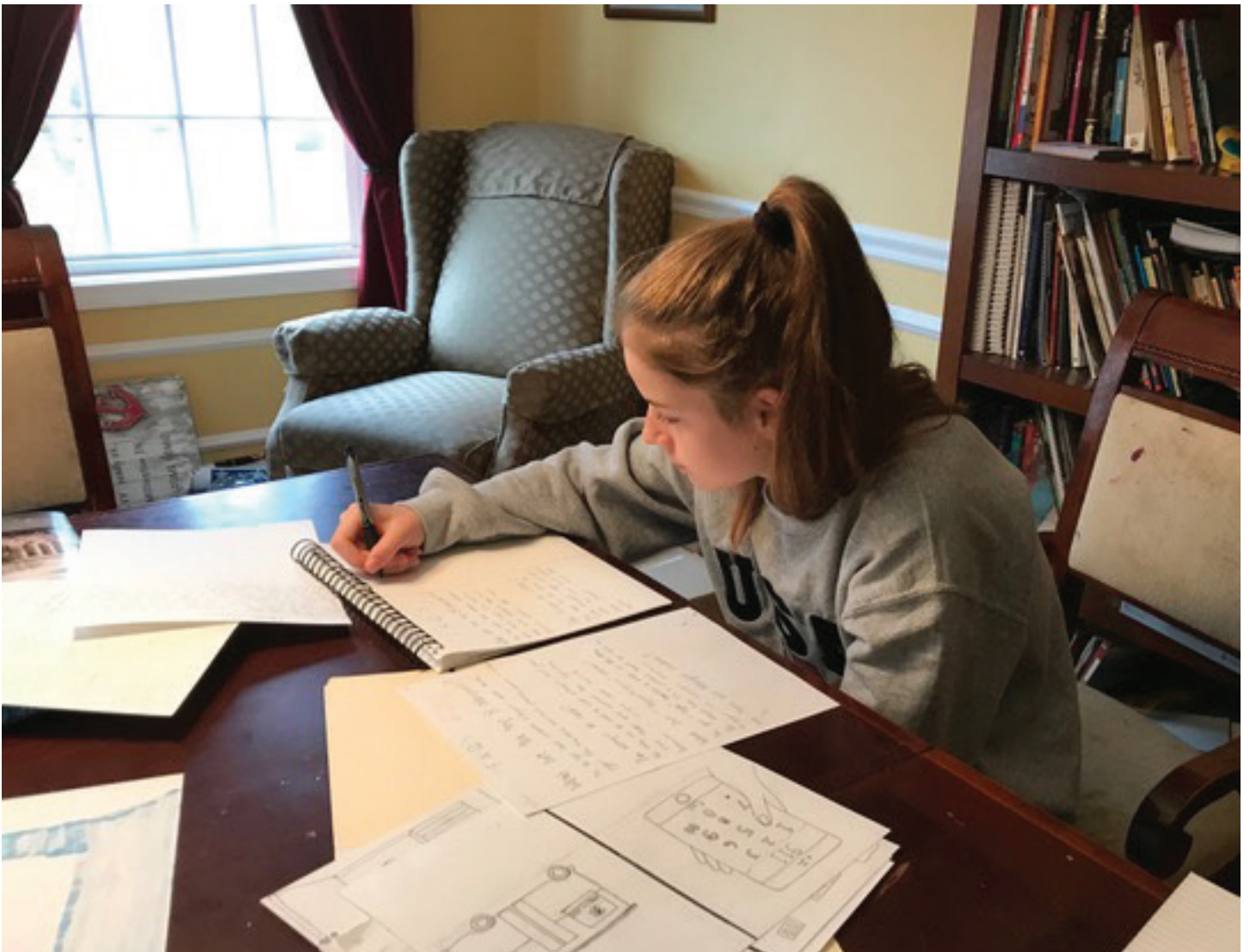
## **What is the best way to test for allergies?**

The most reliable test has to be pricking the skin with the suspected substance. It has the most realistic reaction. It also is much quicker than a blood test.

# Process

Concepting, writing, drawing, and putting together this coloring book was tiring at times, but when it was done I felt proud and relieved that I was able to complete so much work.

This is a picture of me working on some text for my book.







Miss Shelley, who herself is a Gold Award Recipient, gave me guidance, information on illustrating, and hope. The hope was especially important because I was ready to give up many times! However I kept going because she encouraged me along the way.

# About Veronica



Veronica Wathen was born into a military family. When she was younger, she moved around a lot and one of the first things her Mom would do in a new place was find a Girl Scout Troop. Veronica has been in Girl Scouts since Kindergarten. As a Junior Girl Scout, she earned her Bronze Award in 2016.

When it was time to decide on a Silver Award Project, Veronica wanted to bring awareness to food allergies and cross-contamination. She wanted kids with food allergies to know they are not alone and that they can accomplish anything, even if they have obstacles. Veronica decided to focus on this topic for her Silver Award Project, since she too has food allergies. This book has been a labor of love. It has also inspired her to start researching ideas for her Girl Scout Gold Award. The Gold Award is the highest award a Girl Scout can earn.

Veronica loves dancing, volleyball, karate, and reading. She lives with her mom, dad, and brother in Rhode Island.