

FOOD ALLERGY AWARENESS

WHAT TO KNOW:

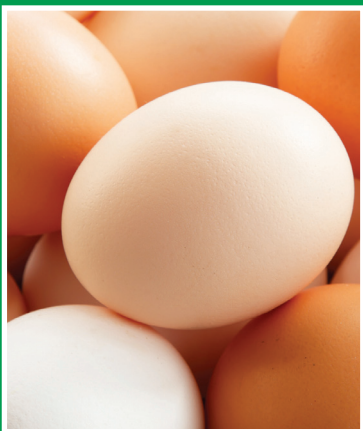
A food allergy is an abnormal response to a food triggered by the body’s immune system. Once exposed to the allergen, the allergic individual can suffer a mild to life-threatening reaction. The only control is avoidance of the food. Despite taking precautions, allergic people may be unknowingly exposed to an allergen.

Millions of Americans suffer from food allergies. Be prepared to protect your customers. Know the **Nine Major Food Allergens** and the symptoms of an allergic reaction.

THE NINE MAJOR FOOD ALLERGENS



Crustacean
Shellfish



Eggs



Fish



Milk



Peanuts



Sesame



Soybeans



Tree Nuts



Wheat

SYMPTOMS OF AN ALLERGIC REACTION:

LOSS OF CONSCIOUSNESS • SHORTNESS OF BREATH • ITCHING OR TINGLING IN AND AROUND MOUTH, FACE, SCALP, HANDS AND FEET HIVES (WELTS) • WHEEZING AND DIFFICULTY BREATHING • SWELLING OF THE FACE, EYELIDS, TONGUE, LIPS, HANDS OR FEET • TIGHTENING OF THE THROAT (DIFFICULTY SWALLOWING) • SUDDEN ONSET OF VOMITING, CRAMPS OR DIARRHEA

WHAT TO DO!

REACT QUICKLY—CALL 911

Notify Management—It Could Save A Life!
An allergic reaction can take only minutes to develop. Don't hesitate!

