

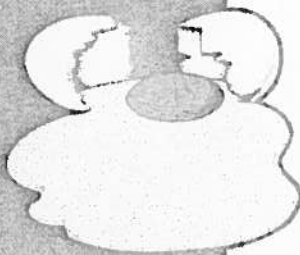
FOOD ALLERGY AWARENESS



Foods that most often cause an allergic reaction:

PEANUTS
TREE NUTS
WHEAT
SOY

MILK
EGGS
FISH
SHELLFISH



However, other, less common foods can also cause allergic reactions. Reactions can range from mild to deadly.



Anaphylaxis is a serious allergic reaction that is rapid in onset and may cause death. The most common causes of anaphylaxis are food, medication, insect stings, and latex.

Common warning signs and symptoms of an anaphylactic reaction:



- Complaint of a tingling, itchiness, or metallic taste in the mouth
- Hives
- Difficulty breathing
- Swelling and/or itching of the mouth and throat area
- Diarrhea
- Vomiting
- Cramps and stomach pain
- Paleness (due to a drop in blood pressure)
- Loss of consciousness

If you see someone showing any of these symptoms, **ACT FAST! Call 911**, mention anaphylaxis, and say you need someone who can administer epinephrine.



The Food Allergy & Anaphylaxis Network
11781 Lee Jackson Hwy., Suite 160
Fairfax, VA 22033-3309
(800) 929-4040
Fax: (703) 691-2713
faan@foodallergy.org
www.foodallergy.org