

# What is a Food Allergy?

The immune system's response to a certain food after consumption

## The "Big 9" Allergens



Milk



Eggs



Wheat



Peanuts



Tree nuts



Soybean



Fish



Shellfish



Sesame

## Prevention Methods

- Know the "Big 9"
- Avoid the food you are allergic to
- Carefully read food labels
- Store allergens separately & double-check ingredient labels for allergens
- Wash hands before preparing allergen-free meals
- Use separate utensils and surfaces for allergens, or wash & sanitize utensils and surfaces before preparing meals

## Common Symptoms

- Hives
- Eczema
- Nasal Congestion
- Coughing, Wheezing
- Itchy, Watery, Red Eyes
- Itchy, Tingly, Swollen Mouth
- Trouble Breathing, Swallowing
- Dizziness, Fainting
- Abdominal Pain
- Diarrhea
- Nausea
- Vomiting

## What to do during an emergency

- Have epinephrine on hand and inject it immediately
- Call 911 if you notice anaphylaxis symptoms