

ALLERGIES

It's Food Allergy Awareness Week!

Meet the Allergens:

According to the Food Allergy and Anaphylaxis Network (FAAN), eight different foods are responsible for 90% of all allergic reactions that are related to food. These allergens are...

- Peanuts
- Tree Nuts
- Milk
- Eggs
- Wheat
- Soy
- Fish
- Shellfish

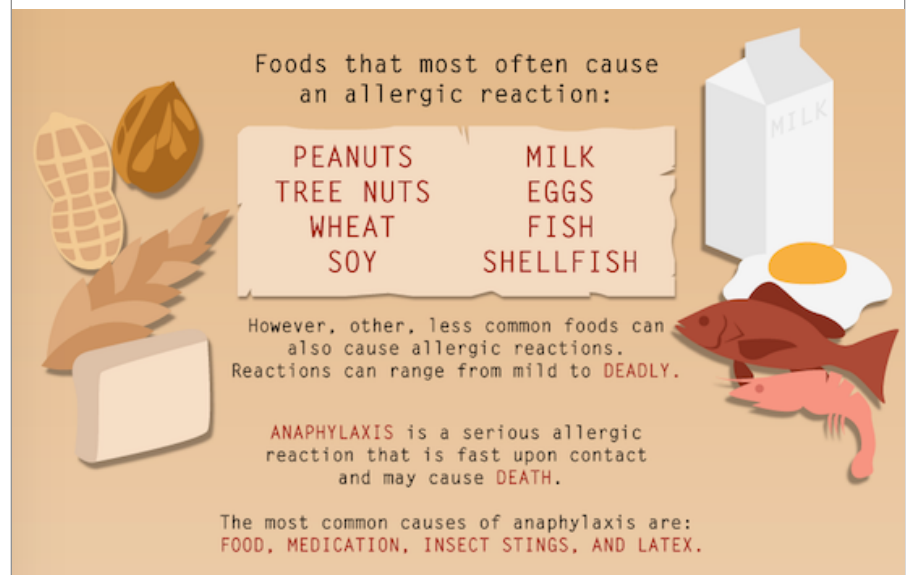
Useful Tools:

The only way to prevent an allergic reaction is to steer clear of the food. There is no medicine currently capable of preventing food allergies. However, there are some available to help control the symptoms of a reaction. If a doctor prescribes an EpiPen, have the person with the allergy carry it with them. If you have an allergy, consider wearing a medical alert ID.

Life with Food Allergies:

It is vital to read **food labels** and contact manufacturers for clarification if you have any concerns about whether an allergen may have made its way into the item. Product ingredients are always changing. Check the label, every time, even if the person with the allergy has safely eaten that exact food before. Food labels aren't the only ones you should read. Be sure to check labels on products like lotion, soap, and cosmetics, which can contain wheat, milk, tree nuts, or eggs.

It's also important to avoid **contamination**. Every tool and surface should be thoroughly cleaned with hot, soapy water before being used. If you are preparing an allergen-free meal alongside others, make the one without allergens first. Then cover it and place it well away from the rest of the foods.



Foods that most often cause an allergic reaction:

PEANUTS	MILK
TREE NUTS	EGGS
WHEAT	FISH
SOY	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 fast upon contact and may cause **DEATH**.

The most common causes of anaphylaxis are: **FOOD, MEDICATION, INSECT STINGS, AND LATEX.**

The infographic features illustrations of a peanut, a walnut, a wheat stalk, a carton of milk, a fried egg, a fish, and a shrimp.