

# ALL ABOUT ALLERGENS



LEARN ABOUT KEY GUIDELINES FOR FOOD ALLERGIES AND WHEN TO TAKE ACTION

## THE "BIG 9" ALLERGENS



MILK  
EGGS  
WHEAT  
PEANUTS  
TREE NUTS  
SOYBEAN  
FISH  
SHELLFISH  
SESAME



## WHO DOES THIS IMPACT?

**1 in 10**

Americans has a food allergy

**1 in 13**

children have life-threatening food allergies

## SYMPTOMS OF ANAPHYLAXIS

- Shortness of breath
- Inability to swallow
- Hives or itchy rash
- Redness and swelling
- Nausea and vomiting
- Increased heart rate
- Feeling faint
- Weak pulse



## EMERGENCY ACTION

If you or a loved one have a severe allergy:

- Have an EpiPen on hand and accessible at all times
- If you notice signs of anaphylaxis, **call 911** and inject the EpiPen **immediately**

