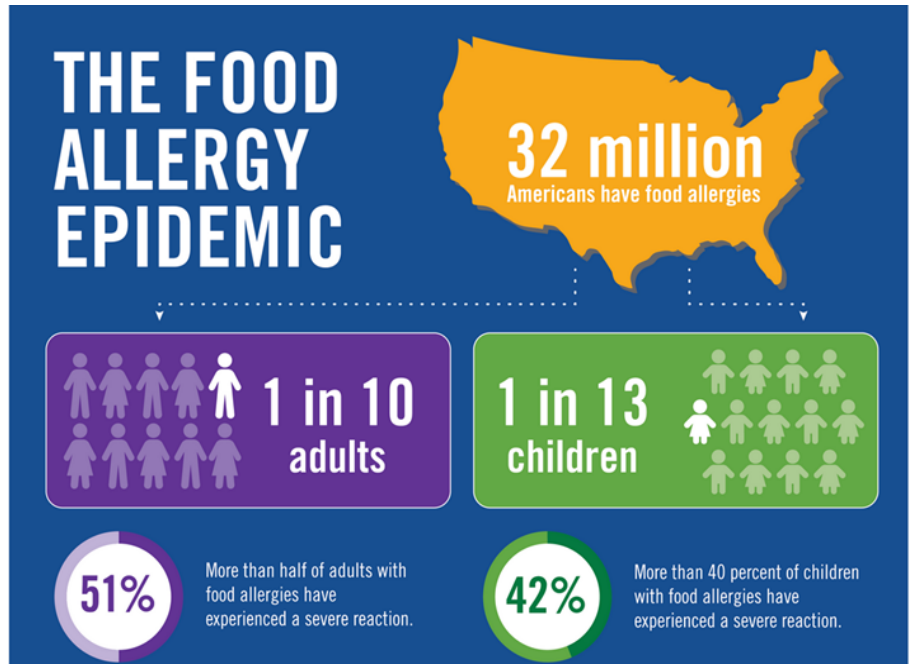
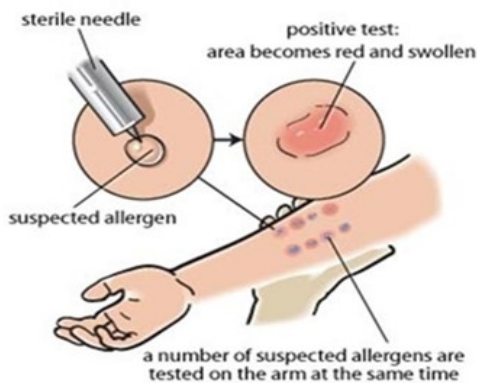


Food Allergy

Food allergies occur when your immune system overreacts to certain types of food. Food allergies can affect children, teens and adults. Eating, touching or even inhaling small amounts of food allergens can cause an allergic reaction, the most common being allergens that are eaten.



Allergy Skin Testing

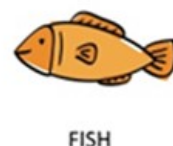


There is no cure for food allergy, but children may outgrow their food allergies as they grow older. Children with food allergies are more likely to develop asthma or other allergic conditions than those without food allergies.

Talk to your doctor for an allergy skin test today to see what you may be allergic to.

People can be allergic to any food, but there are

8 FOODS THAT CAUSE THE MOST REACTIONS.



Avoiding Food Allergies

Cleaning – Cleaning both cooking and eating utensils by hand or dishwasher using hot water and soap can remove the food allergens. Clean surfaces using household cleaners or commercial wipes such as Clorox[®] wipes to prevent contamination.

Eating out – Let your waiter/waitress, server or host/hostess know of any food allergies you may have. Ask what ingredients are used before eating or drinking.

Cooking at home – Avoid food allergens if possible. If food allergens cannot be avoided, avoid cross-contact when cooking or storing food allergens. Read the food packaging to see if there are any allergens.

Medications – Let your doctor, nurse or pharmacist know of any food allergies you may have. Medications may contain food allergens such as vaccines, fish oil capsules, hormones, and over-the-counter vitamins.

FOOD ALLERGY SIGNS & SYMPTOMS



DID YOU KNOW? Allergic reactions to foods can occur within minutes of eating or up to hours later.

HIVES OR ECZEMA <small>Red, swollen, dry or itchy skin rash</small> 	RUNNY/STUFFY NOSE & SNEEZING 	ITCHY, WATERY OR RED EYES
ITCHY/TINGLING MOUTH OR EARS 	ABDOMINAL CRAMPS <small>Upset stomach, cramps, vomiting or diarrhea</small> 	COUGHING OR WHEEZING
DIZZINESS/LIGHTHEADEDNESS 	SWOLLEN LIPS, TONGUE OR THROAT 	TROUBLE BREATHING OR SWALLOWING
FUNNY TASTE IN MOUTH 	CHEST PAIN <small>Weak, uneven heartbeat</small> 	LOSS OF CONSCIOUSNESS

ANAPHYLAXIS

A very serious and potentially fatal allergic reaction that involves a sudden drop in blood pressure, loss of consciousness and body system failure.



IF YOU OR A LOVED ONE EXPERIENCE ANY OF THE ABOVE SYMPTOMS, SEEK MEDICAL ATTENTION AS SOON AS POSSIBLE.



Blue to the sky. Orange to the thigh.

How to use EpiPen[®] and EpiPen Jr[®] Auto-Injectors.

Remove the EpiPen[®] Auto-Injector from the carrier tube and follow these 2 simple steps:



- Grasp with orange tip pointing downward
- Remove blue safety cap by pulling straight up – do not bend or twist



- Place the orange tip against the middle of the outer thigh
- Swing and push the auto-injector firmly into the thigh until it "clicks"
- Hold in place for 3 full seconds



Built-in needle protection

- After injection, the orange cover automatically extends to ensure the needle is never exposed.

After using EpiPen[®], you must seek immediate medical attention or go to the emergency room. For the next 48 hours, you must stay close to a healthcare facility or be able to call 911.



Trusted for over 25 years.

Treating A Food Allergy Reaction

How do I treat a food allergic reaction?

Food allergic reactions may be mild, moderate or severe. Mild or moderate symptoms include runny/stuffy nose, tingling of the ears, itchy/watery eyes, abdominal cramps and mild skin itchiness. Severe symptoms (also called anaphylaxis) include swollen lips/tongue, trouble breathing/swallowing, severe hives and eczema. Reactions can be treated with epinephrine (EpiPen) if severe or antihistamines such as diphenhydramine (Benadryl) if mild.

What is an EpiPen?

EpiPen and EpiPen Jr. contains epinephrine, and is the only medication that can reverse anaphylaxis. EpiPen is an auto-injecting device that delivers a dose of epinephrine for adults and children.

How does an EpiPen work?

Epinephrine reverses anaphylaxis by decreasing the body's allergic reaction and relaxes the muscles in your airway to let you breathe more easily.

What do I need to know about EpiPens?

Store an EpiPen at room temperature in each of the places you visit