

WHAT YOU CAN DO!

FILLAL FOUNDATION

Wash Your Hands

Before and after meals to prevent cross contamination

Don't Share Snacks

With other kids that have food allergies

Learn The Symptoms

Trouble breathing, swelling, belly ache, vomiting, wheezing, hives, and itching

Always Ask

A trusted adult if food is safe

Alert An Adult

immediately if you or a friend is having an allergic reaction

OTHER COMMMON FOOD ALLERGIES

FREE-FROM

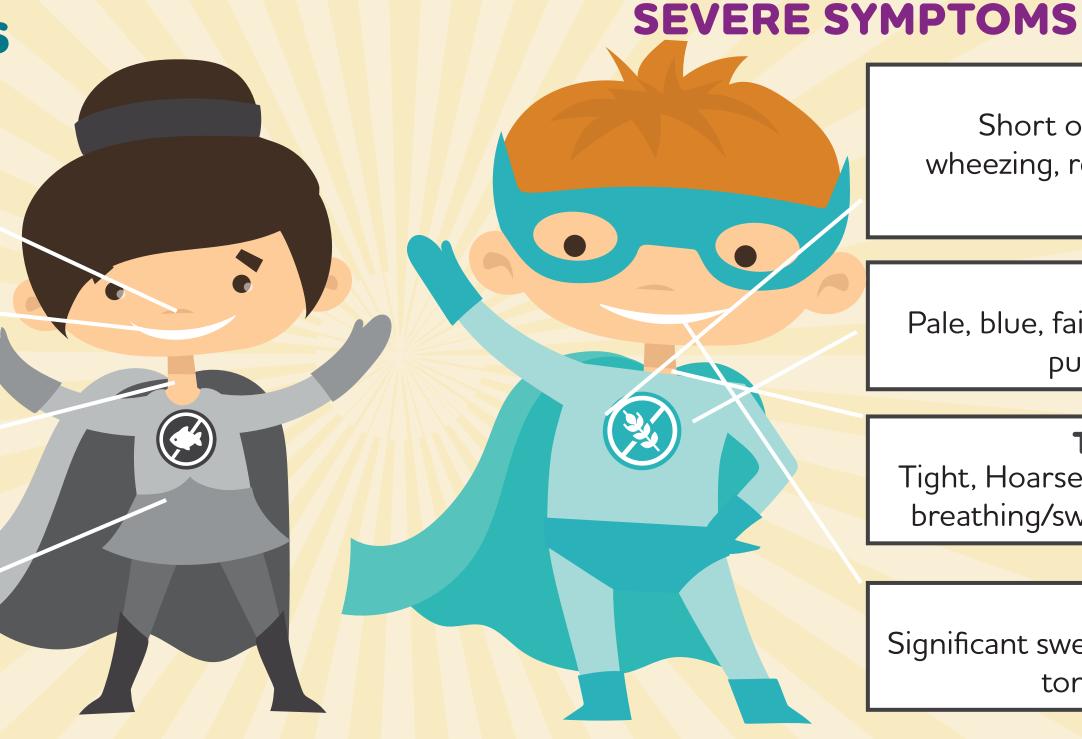
FREE-FROM

Celery, mustard, kiwi strawberries, and citrus

SYMPTOMS OF FOOD ALLERGY REACTIONS

FREE-FROM

MILD SYMPTOMS NOSE Itchy/running nose, sneezing **MOUTH** Itchy mouth **SKIN** A few hives, mild itch **TUMMY**



FREE-FROM

LUNG

Short of breath. wheezing, repetitive cough

HEART

Pale, blue, faint, weak pulse, dizzy

THROAT

Tight, Hoarse, trouble breathing/swallowing

MOUTH

Significant swelling the tongue, lips

Mild nausea,

discomfort