

If you experience symptoms after eating



Spell It Out

to your doctor or nurse



What is a food allergy?

A food allergy is an overreaction of your immune system after eating. It can cause a variety of symptoms (below) and lead to serious, sometimes fatal, health issues.

Anyone can develop a food allergy at any time in their lives – even after they've eaten a food safely for a long time.



Food allergies are serious.

Unlike a food intolerance, which can make you feel sick, food allergies can be life-threatening. If you experience symptoms, it's important to talk to your doctor and get more information.

What are the symptoms of a reaction?

Symptoms of an allergic reaction vary. A patient can experience any of the below symptoms or multiple at the same time:

- Hives
- Itching
- Swelling
- Redness
- Hoarseness/Coughing
- Nausea/Vomiting
- Throat swelling/closing
- Trouble breathing
- Dizziness/Fainting
- Drop in blood pressure

Reactions can vary from mild (like only hives) to a **serious reaction called anaphylaxis**. Even if a patient has had mild reactions, the next one could still be severe.

If you experience serious symptoms, call 911 and go directly to the emergency room.



Is there a cure?

There is no cure for food allergies. But patients live full and active lives by learning to avoid their allergens and carrying epinephrine – the only medication that can slow or stop a serious reaction.

This is a short information sheet and not a thorough discussion on the signs and treatment of food allergies or anaphylaxis. It is not intended to replace the advice of a healthcare professional. Consult your food allergy action plan and/or see a board-certified allergist to develop one that's right for you.

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What should I do if I experience symptoms?

If you experience serious symptoms, call 911 and go directly to the emergency room.

Speak to your doctor or school nurse about your symptoms, so they can guide you about how to feel well and life safely.

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