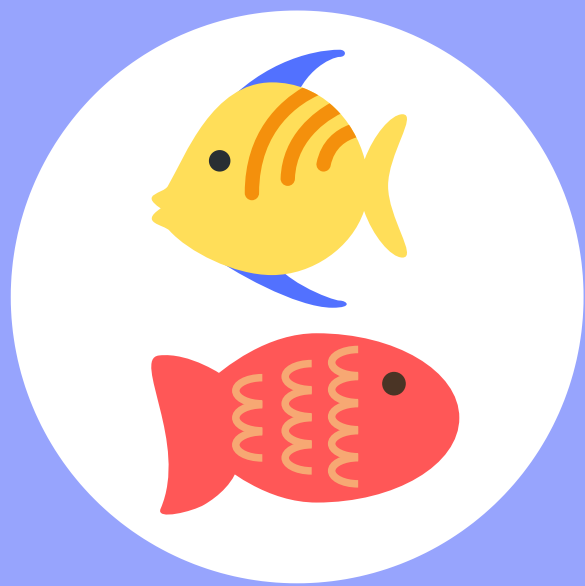
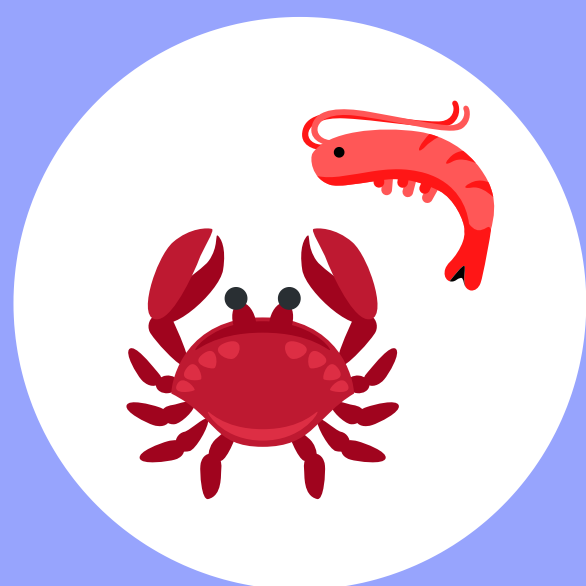


# FOOD ALLERGIES

• COMMON FOODS •



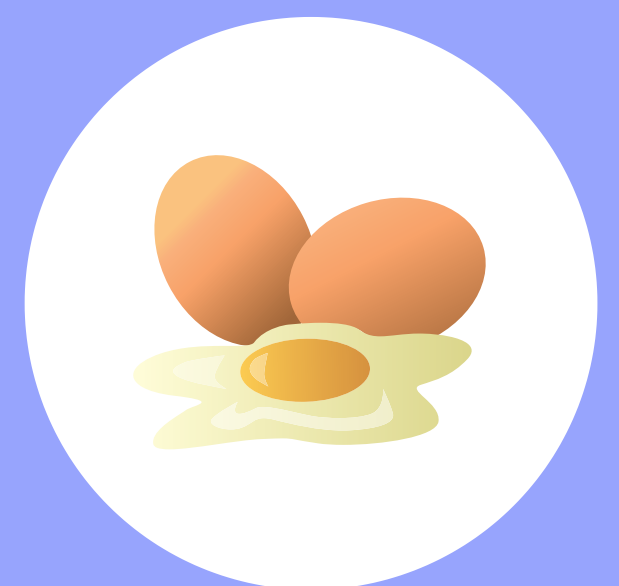
**FISH**



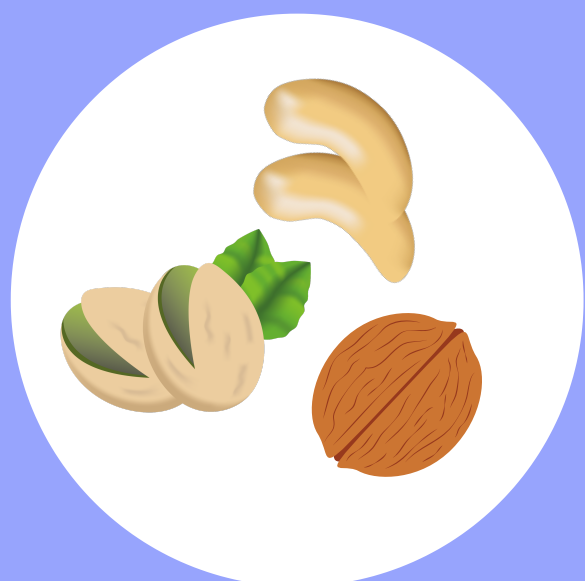
**SHELLFISH**



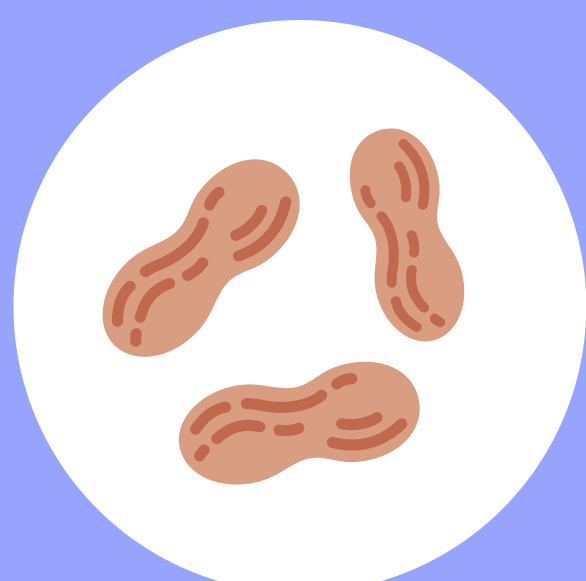
**DAIRY**



**EGGS**



**TREE NUTS**



**PEANUTS**



**SOY**



**WHEAT**

## • SYMPTOMS OF AN ALLERGIC REACTION •

### Mild to moderate allergy

Swelling of the eyes, lips & face

Tingling in the mouth or swelling of the lips

Stomach pain & vomiting - can be a sign of a severe reaction

Hives & welts that appear anywhere on the body.

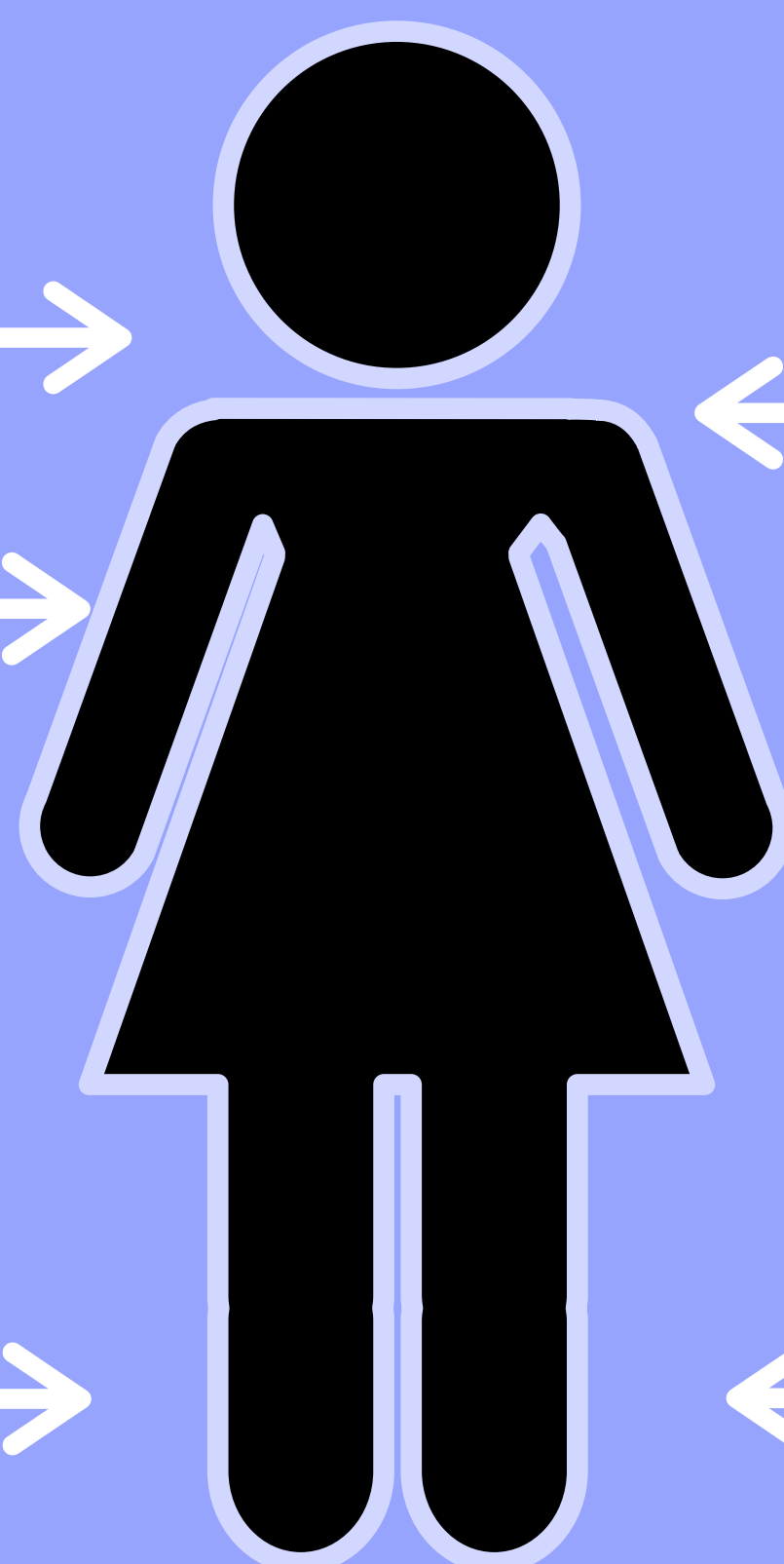
### Severe allergy (anaphylaxis)

Swelling & tightness in the throat

Swelling of tongue. Difficulty talking &/or scratchy voice

Difficult or noisy breathing. Wheeze or persistent cough

Dizziness, collapse/fainting, pale skin & floppy



If someone with a known food allergy develops any severe symptoms, give adrenaline autoinjector **FIRST** & then an asthma reliever.