



A QUICK GUIDE to navigating food allergies

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NAVIGATING FOOD ALLERGIES



Develop an emergency plan.

Make sure everyone understands what to do in case of an emergency. For parents, give your child's plan and medicines to his/her school or preschool as soon as possible.



Read food labels carefully.

Read labels every time you shop—even for products you've previously purchased. Be aware that allergens may be in foods you wouldn't suspect or which have recently changed their ingredients. Watch for label statements about products that "may contain" or that are "manufactured on shared equipment." These foods should be avoided if your allergen is mentioned.



Be mindful of cross-contamination.

Cross-contamination happens when an allergen comes into contact with a safe food and the proteins mix. As a result, each food contains small amounts of the other food that can't be seen. This often happens when the same utensil is used to serve a food that contains an allergen and a safe food.



Always carry your epinephrine auto-injector, if you have a food allergy that warrants it (ask your healthcare professional).

Epinephrine is the only medicine that can stop life-threatening reactions. Check to make sure it has not expired, is kept at a safe temperature, and that it has not been damaged.



Wear medical identification.

Medical IDs will help protect you or your loved one—at home or wherever you may be during an emergency.



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