

# BE A SUPERHERO

## WHAT IS A FOOD ALLERGY?

A food allergy is a medical condition in which exposure to a food triggers a harmful immune response. Reactions occur because the immune system attacks proteins in the food that are normally harmless. Food allergies can be life-threatening.



### WHAT YOU CAN DO!

**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 COMMON FOOD ALLERGIES**  
Celery, mustard, kiwi strawberries, and citrus

## SYMPTOMS OF FOOD ALLERGY REACTIONS

### MILD SYMPTOMS

- NOSE**  
Itchy/running nose, sneezing
- MOUTH**  
Itchy mouth
- SKIN**  
A few hives, mild itch
- TUMMY**  
Mild nausea, discomfort

### SEVERE SYMPTOMS

- 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

