



DiD YOU KNOW...?



Food allergies can be life-threatening.



EVERY THREE MINUTES, a food allergy reaction sends someone to the emergency room.



Anaphylactic reactions to food are rising dramatically in the U.S. – **UP NEARLY 400 PERCENT** between 2007 and 2016.



About **40 PERCENT OF CHILDREN** with food allergies have experienced a severe allergic reaction such as anaphylaxis.



Allergic reactions are unpredictable.



Symptoms typically appear **WITHIN MINUTES TO SEVERAL HOURS** after eating the food to which you are allergic.



Severe or fatal reactions can happen at any age, but teenagers and young adults with food allergies are at the **HIGHEST RISK** of fatal food-induced anaphylaxis.



Reactions, not food allergies themselves, can be mild or severe.



REACTIONS CAN RANGE FROM MILD TO SEVERE, including the potentially life-threatening condition anaphylaxis.



The first signs of a reaction can be mild, but **SYMPTOMS CAN WORSEN QUICKLY**. And what caused a mild reaction one time can lead to a severe reaction the next time.



Even a trace of amount of a food allergen can cause a serious reaction.



EVEN A TINY AMOUNT of food protein has caused reactions in people with food allergies.



CROSS-CONTACT occurs when an allergen is inadvertently transferred from a food containing an allergen to a food that does not contain the allergen.



The only way to prevent a food allergy reaction is to **AVOID THE PROBLEM FOOD**. But you can't know whether a food contains an allergen simply by looking at it. You must read labels.

KNOW THE FACTS.
VISIT FOODALLERGY.ORG



SHiNE a LIGHT
on **FOOD ALLERGIES**
Food Allergy Awareness Week • May 13–19, 2018



FARE
Food Allergy Research & Education