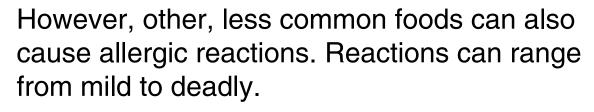


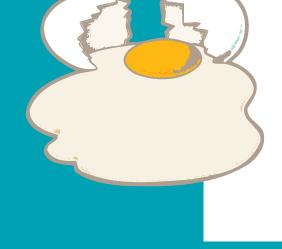
FOOD ALLERGY AWARENESS

Foods that most often cause an allergic reaction:



MILK **EGGS** FISH **SHELLFISH**





Anaphylaxis is a serious allergic reaction that is rapid in onset and may cause death. The most common causes of anaphylaxis are food, medication, insect stings, and latex.

Common warning signs and symptoms of an





- · Difficulty breathing
- · Swelling and/or itching of the mouth and throat area

• Complaint of a tingling, itchiness, or metallic taste in the mouth

- Diarrhea
- Vomiting
- · Cramps and stomach pain
- Paleness (due to a drop in blood pressure)
- Loss of consciousness

If you see someone showing any of these symptoms, ACT FAST! Call 911, mention anaphylaxis, and say you need someone who can administer epinephrine.



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