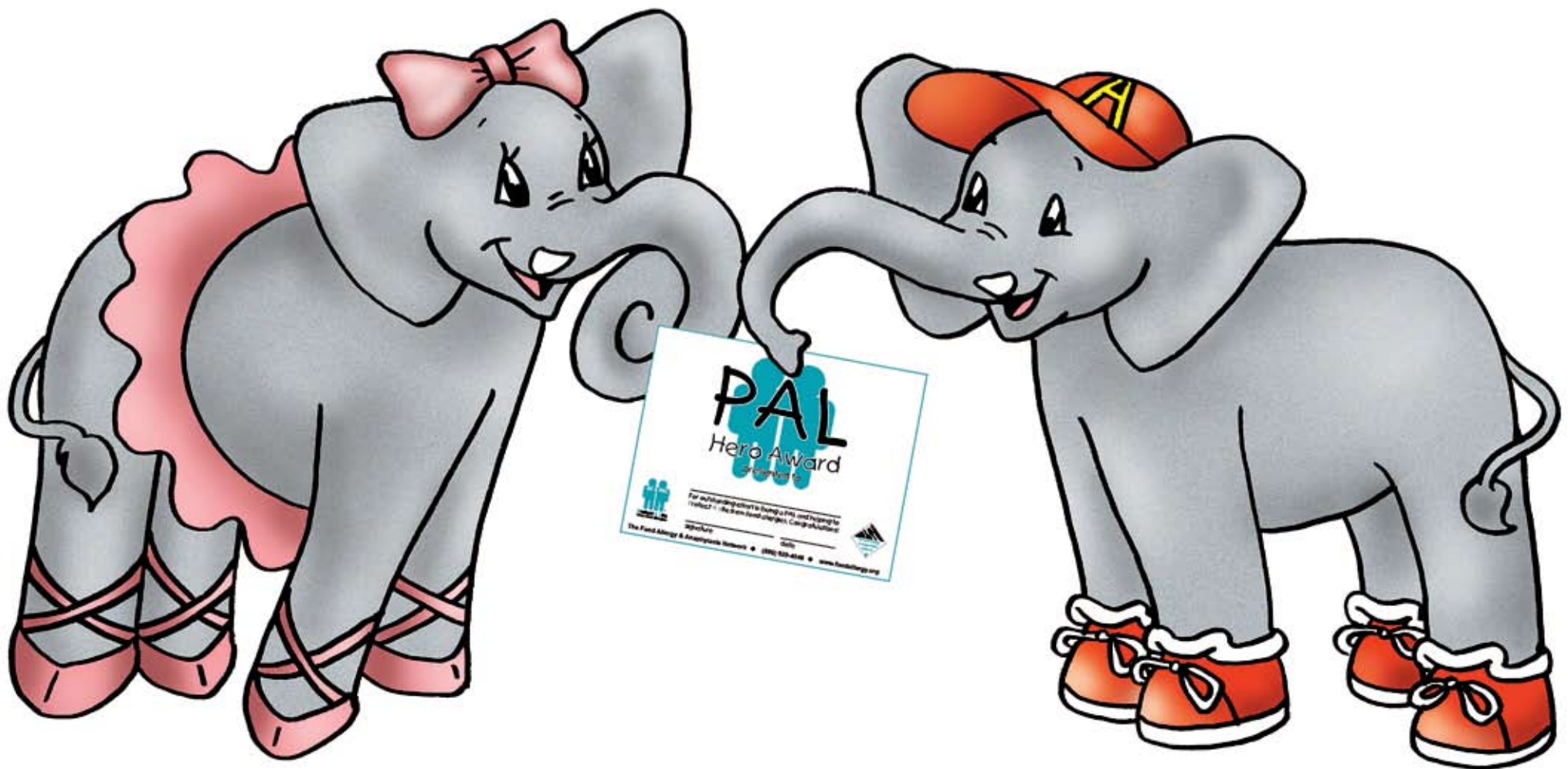


# Be a PAL: Protect A Life™ From Food Allergies



Alexander the Elephant is allergic to peanuts.  
Sophie is Alexander's PAL Hero.

## Here is how you can be a PAL Hero, too:

- ◆ Food allergies are serious. Don't make jokes about them.
- ◆ Don't share food with friends who have food allergies.
- ◆ Wash your hands after eating.
- ◆ Ask what your friends are allergic to, and help them avoid it.
- ◆ If a friend who has food allergies becomes ill, get help immediately!



For more information about food allergies, contact:  
The Food Allergy & Anaphylaxis Network  
(800) 929-4040 • [www.foodallergy.org](http://www.foodallergy.org)

