How To AVOID a Food Allergy REACTION

The only way to AVOID having an allergic reaction is to AVOID THE FOOD YOU’RE ALLERGIC TO. That’s why it’s important to follow these rules.

1. Wash your hands before eating.
2. Don’t share food or drinks.
3. Read labels twice or ask an adult. NO LABEL? DON’T EAT IT!
4. Always tell whoever is making your food about your food allergy.
5. Don’t take chances. If you don’t know what’s in your food, DON’T EAT IT.

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