

How to **TREAT** a Food Allergy **REACTION**



IF YOU HAVE itchy or runny nose, itchy mouth, hives, nausea, wheezing, trouble breathing or swallowing, swelling of the tongue or lips, vomiting or diarrhea, or feel faint after you eat, **IT COULD BE AN ALLERGIC REACTION.**

DON'T WAIT. GET HELP!



You may need a dose of **EPINEPHRINE.**
(pronounced ep-eh-neh-frin)

It is **SAFE** and is the **ONLY** medication that can help stop a severe allergic reaction.



Looking to learn more about administering epinephrine?

Visit our Food Allergy Academy for a free training, "Save a Life: Recognizing and Responding to Anaphylaxis"