

Know the MYTHS and FACTS About Food Allergy



MYTH: Each food allergy reaction will get worse and worse.



FACT: Food allergy reactions are unpredictable.

The way a person's body reacts to a food one time can't predict how they will react the next time. People with a food allergy should always be prepared with emergency medication.



MYTH: Peanut allergy is the most dangerous food allergy.



FACT: No single food allergy poses a greater threat than another.

While 9 foods account for most food allergies in the U.S., any food can cause an allergic reaction.



Myth: Antihistamines will stop an allergic reaction.



Fact: Antihistamines (like Benadryl® or Zyrtec®) can help relieve some symptoms like an itchy mouth or skin, but they DO NOT stop anaphylaxis.

Epinephrine is the only approved medication to stop anaphylaxis and should be given first and fast.



MYTH: A food allergy always develops in childhood.



FACT: A food allergy can occur at any age, well into adulthood.

You can even develop an allergy to a food you have safely eaten many times before. In fact, about half of people with allergy to shellfish experience their first allergic reaction as an adult.

