

Let's Make This a **Food Allergy- Aware Workplace!**



- Food allergy can be protected as a disability under Section 504 of the Rehabilitation Act of 1973 and the Americans with Disabilities Act of 1990. **This means that employees with food allergy can request accommodations to help keep them safe and included.**
- A food allergy reaction can range from mild to severe, and a severe type of reaction—known as anaphylaxis—can be deadly. The only way to treat anaphylaxis is with the medication epinephrine. **If you carry epinephrine, let people know where you keep it!**



Did you know that 1 in 10 adults in the U.S. have food allergy?

- Does your office have a shared snack cupboard? Do you gather for meals or serve food at office celebrations? **Don't forget to provide options for employees with food allergy.**
- Keep the office kitchen inviting to everyone by cleaning up after you cook and eat. **Avoid cross-contact**, which happens when one food touches another food, making the safe food unsafe. Even a tiny amount of food can cause an allergic reaction!



Myth: Food allergy is a diet or a matter of being a picky eater.



Fact: Food allergy is a disease that can cause life-threatening reactions.

Get more "Food Allergy Myths and Facts"!



Want to learn more? Read up at [FoodAllergy.org](https://www.foodallergy.org) or visit FARE's [Food Allergy Academy](https://www.foodallergy.org/academy) for trainings such as "Save a Life: Recognizing and Responding to Anaphylaxis." Our trainings and webinars are free and updated regularly.

