

# FOOD ALLERGY Awareness

Foods that most often cause an allergic reaction:

cow's milk, eggs, peanuts, tree nuts, sesame, soy, wheat, fish and shellfish. However, other less common foods can also cause allergic reactions including anaphylaxis

cow's milk



eggs



peanuts



tree nuts



sesame



soy



wheat



fish



shellfish



## Anaphylaxis

Anaphylaxis is a sudden severe allergic reaction that can be life threatening. Anaphylaxis must always be treated as a medical emergency.

### Signs of a mild to moderate allergic reaction:

- Swelling of lips, face, eyes
- Hives or welts
- Tingling mouth
- Abdominal pain, vomiting
- (these are signs of anaphylaxis for insect allergy)

### Signs of an anaphylaxis (severe allergic reaction):

Watch for ANY ONE of the following signs of anaphylaxis

- Difficult/noisy breathing
- Swelling tongue
- Swelling/tightness in throat
- Difficulty talking and/or hoarse voice
- Persistent dizziness or collapse
- Pale and floppy (young children)

If you see someone showing signs of a severe allergic reaction, **act fast**. Follow their ASCIA Action Plan if they have one. Administer the **adrenaline (epinephrine) autoinjector** if available and call an ambulance on **triple zero (000)**.