

ALLERGY AWARENESS

Know the Signs

- Sneezing
- Itchy Eyes
- Rash / Hives
- Swelling
- Trouble Breathing
- Stomach Pain



Common Allergens

Food Allergies

- Peanuts
- Tree Nuts
- Milk
- Eggs
- Soy
- Wheat

Environmental Allergies

- Pollen
- Dust
- Mold
- Pet Dander
- Grass
- Smoke

You Can Help

BE INFORMED

Learn about allergies and the risks.

BE RESPECTFUL

Avoid sharing food.
Ask before offering treats.

BE CLEAN

Wash hands and clean surfaces often.

SPEAK UP

If you see a reaction or have concerns tell an adult.

TOGETHER, WE CAN CREATE A SAFE AND CARING ENVIRONMENT FOR EVERYONE LIVING WITH ALLERGIES.

Aware today, save tomorrow.