

How To **AVOID** a Food Allergy **REACTION**

The only way to **AVOID** having an allergic reaction is to **AVOID THE FOOD YOU'RE ALLERGIC TO**. That's why it's important to follow these rules.



Wash your hands before eating.

Don't share food or drinks.



Read labels twice or ask an adult. **NO LABEL? DON'T EAT IT!**

Always tell whoever is making your food about your food allergy.



Don't take chances. If you don't know what's in your food, **DON'T EAT IT.**



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FoodAllergy.org