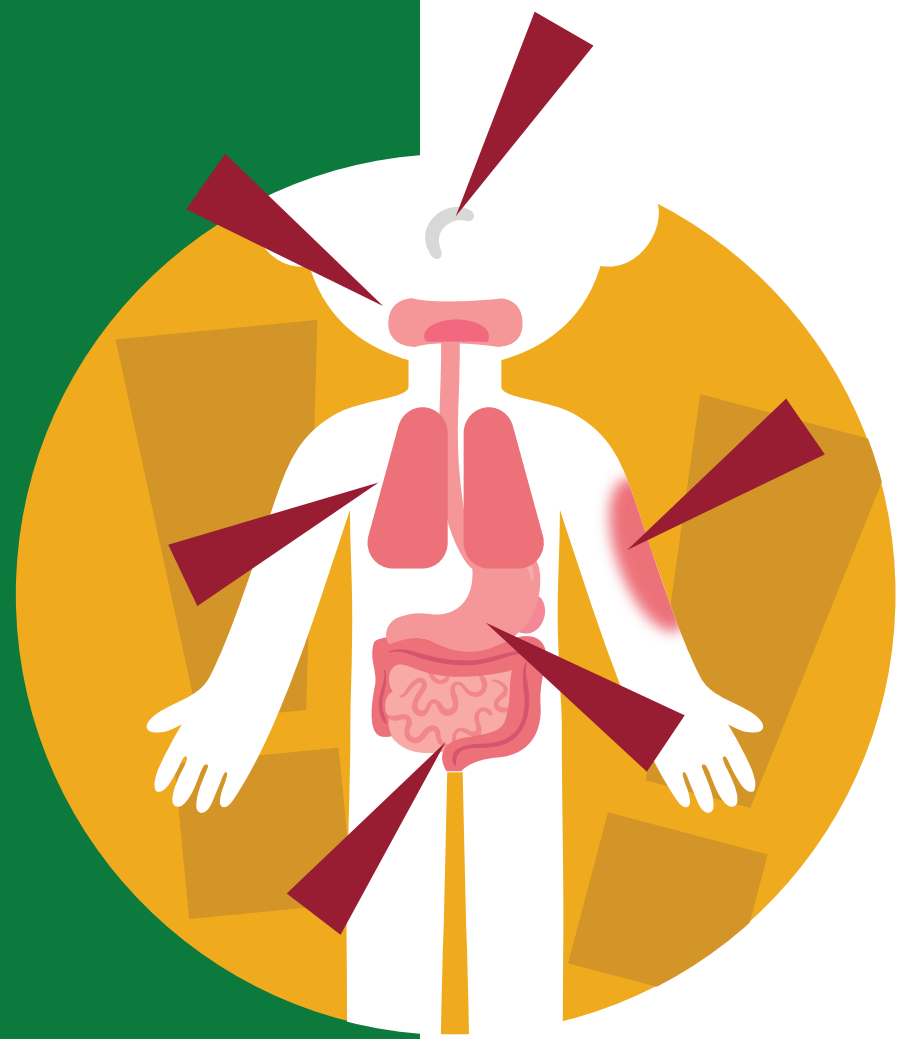


# How To **TREAT** a Food Allergy **REACTION**



**IF YOU HAVE** itchy or runny nose, itchy mouth, hives, nausea, wheezing, trouble breathing or swallowing, swelling of the tongue or lips, vomiting or diarrhea, or feel faint after you eat, **IT COULD BE AN ALLERGIC REACTION.**

**CALL  
911**

**DON'T WAIT. GET HELP!**

You may need a shot of **EPINEPHRINE.**

(pronounced ep-eh-neh-frin)

It is **SAFE** and is the **ONLY** medication that can help stop a severe allergic reaction.



**FARE**  
FoodAllergy.org