

# Food Allergies Can Be Deadly – What You Need to Know

Millions of Americans have food allergies, including guests of this food establishment. These allergies may result in mild reactions or they can be life-threatening. There is no cure for food allergies. Persons with food allergies must avoid contact with food allergens.

## Most Common Food Allergens:



Peanuts



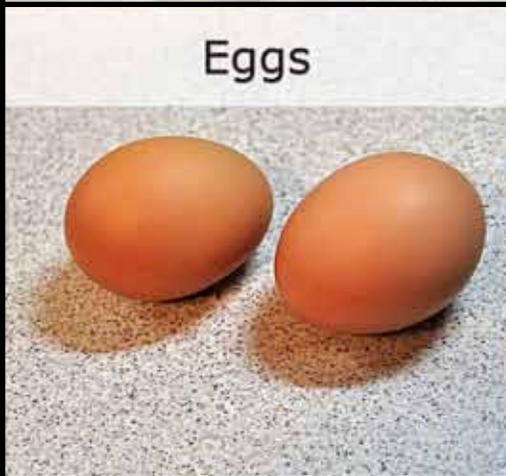
Tree Nuts



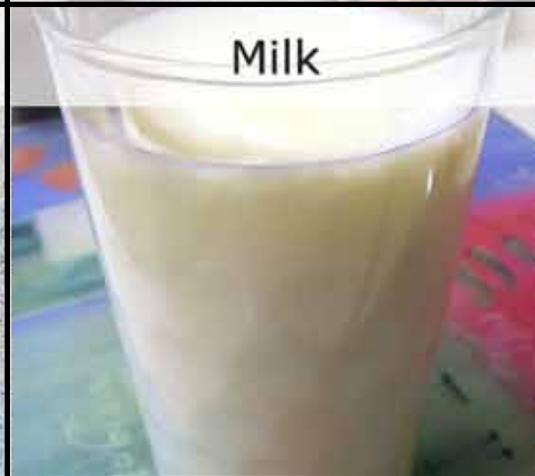
Fish



Crustacean



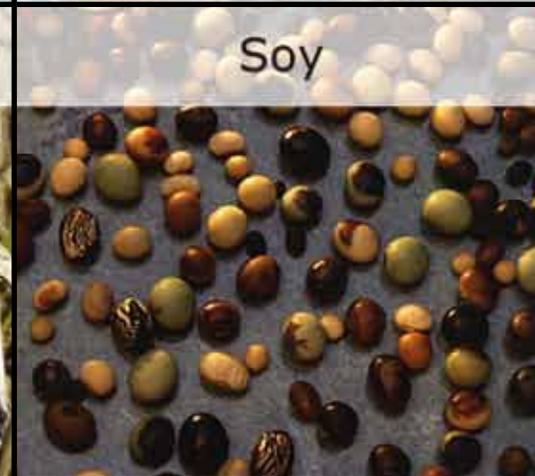
Eggs



Milk



Wheat



Soy

Oklahoma State Department of Health rules require employees of food service establishments to be trained in awareness of major food allergens as necessary to perform their assigned duties.

Be Aware of Major Food Allergens, Know the Symptoms of Allergic Reaction, Don't Cross Contaminate

AN EQUAL OPPORTUNITY EMPLOYER

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## Major Food Allergens

- Milk
- Egg
- Fish (such as bass, flounder, cod)
- Crustacean (such as crab, lobster, shrimp)
- Tree nuts (such as almonds, pecans, walnuts)
- Wheat
- Peanuts
- Soybeans
- Ingredients containing protein from the above
- Note: Highly refined oils from the above are **NOT** food allergens

## Signs and Symptoms of Allergic Reactions Signs and Symptoms of Allergic Reactions to Food

Where	Subjective Symptoms	Objective Signs
Skin	Itching	Skin flushing or erythema (redness) "goosebumps" Rash: (hives) - acute Eczema (usually delayed, >6 hours) Swelling, especially face
Lips, tongue, palate of the mouth	Itching, numbness, dryness	Swelling, may also include the uvula
Eyes, conjunctiva	Itching	Swelling around eyes, redness of conjunctiva and tearing
Stomach and Intestines	Nausea, pain	Vomiting, diarrhea, abdominal pain
Nose	Itching	Nasal congestion or runniness, sneezing
Larynx, throat	Itching, dryness/tightness	Swelling around the larynx and vocal cord, voice hoarseness, wheeze, cough
Lungs	Shortness of breath, catching breath, pain/tightness	Respiratory distress (i.e., increased breathing rate, difficulty lowered peak expiratory flow measurement), cough, wheezing
HEART and CARDIOVASCULAR	Chest pain/ tightness, feeling of faintness dizziness	Fainting or very low blood pressure (shock), abnormal heart rhythm