



# DiD YOU KNOW...?

## Food allergies can be life-threatening.



**EVERY THREE MINUTES**, a food allergy reaction sends someone to the emergency room.



Anaphylactic reactions to food are rising dramatically in the U.S. – **UP NEARLY 400 PERCENT** between 2007 and 2016.



About **40 PERCENT OF CHILDREN** with food allergies have experienced a severe allergic reaction such as anaphylaxis.

## Allergic reactions are unpredictable.



Symptoms typically appear **WITHIN MINUTES TO SEVERAL HOURS** after eating the food to which you are allergic.



Severe or fatal reactions can happen at any age, but teenagers and young adults with food allergies are at the **HIGHEST RISK** of fatal food-induced anaphylaxis.

## Reactions, not food allergies themselves, can be mild or severe.



**REACTIONS CAN RANGE FROM MILD TO SEVERE**, including the potentially life-threatening condition anaphylaxis.



The first signs of a reaction can be mild, but **SYMPTOMS CAN WORSEN QUICKLY**. And what caused a mild reaction one time can lead to a severe reaction the next time.

## Even a trace of amount of a food allergen can cause a serious reaction.



**EVEN A TINY AMOUNT** of food protein has caused reactions in people with food allergies.



**CROSS-CONTACT** occurs when an allergen is inadvertently transferred from a food containing an allergen to a food that does not contain the allergen.



The only way to prevent a food allergy reaction is to **AVOID THE PROBLEM FOOD**. But you can't know whether a food contains an allergen simply by looking at it. You must read labels.

**KNOW THE FACTS.  
VISIT [FOODALLERGY.ORG](http://FOODALLERGY.ORG)**



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