



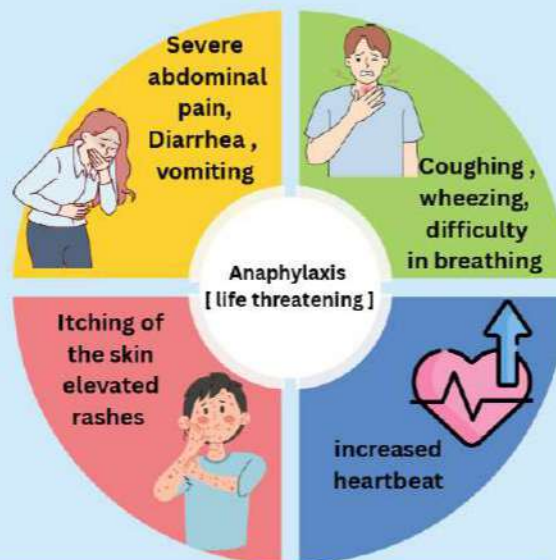
FOOD ALLERGY AWARENESS BY IAP ALLERGY AND APPLIED IMMUNOLOGY CHAPTER

Allergic reaction to food can range from mild to severe, sometimes life threatening

COMMON FOOD ALLERGENS



Symptoms can develop rapidly (within 10 mins to 2 hrs of food consumption)



MEASURES TO AVOID FOOD ALLERGY

RESTAURANT STAFF MEASURES



- Clearly label menu items with common allergens they contain
- Provide ingredient list
- Educate staff on common food allergens
- Prepare allergen free meals in separate area to prevent cross contamination

CONSUMER MEASURES

- Inform staff about food allergies when ordering.
- Ask staff about ingredients and preparation methods.
- Read menu labels



WHAT TO DO?

- Help the person lie on their back, elevate their legs, and keep them calm.
- Call emergency medical services



For further information visit
<https://iapaai.com>