

FOOD ALLERGY AWARENESS

Foods that most often cause an allergic reaction:
cow's milk (dairy), eggs, peanuts, tree nuts, sesame, soy, wheat, fish, molluscs and crustacea. Other less common foods can also cause allergic reactions, including anaphylaxis.

Cow's Milk (Dairy)



Eggs



Peanuts



Tree Nuts



Molluscs



Sesame



Soy



Wheat



Fish



Crustacea



Anaphylaxis

Anaphylaxis is a sudden, severe allergic reaction that can be life threatening. Anaphylaxis must always be treated as a medical emergency.

Signs of a mild to moderate allergic reaction:

- Swelling of lips, face, eyes
- Hive or welts
- Tingling mouth
- Abdominal pain, vomiting (these are signs of anaphylaxis for insect allergy)

Watch for ANY ONE of the following signs of anaphylaxis (severe allergic reaction):

- Difficult or noisy breathing
- Swelling of tongue
- Swelling or tightness in throat
- Difficulty talking or hoarse voice
- Persistent dizziness or collapse
- Pale and floppy (young children)

If you see someone showing signs of a severe allergic reaction, act fast.

Lay the person flat and do not allow them to stand or walk.

Follow their ASCIA Action Plan or the ASCIA First Aid Plan for Anaphylaxis.

Administer the adrenaline (epinephrine) injector if available.

Call an ambulance on triple zero (000).

