Food Allergy Reactions

How to recognize and respond to suspected or active food allergy reactions (anaphylaxis)

For one or more of these severe symptoms:

1. Call 911
   - Ask for an ambulance with epinephrine

2. Lay the person flat with raised legs
   - If they are vomiting or having trouble breathing, let them sit up or lie on their side.

3. Next steps
   - Transport to Emergency Room (ER). The person should stay in the ER for 4 hours because symptoms may return.

These are mild symptoms of an allergic reaction:

- **Nose**: Itchy or runny nose, sneezing
- **Mouth**: Itchy mouth
- **Skin**: A few hives, mild itch
- **Gut**: Mild nausea or discomfort