

FOOD ALLERGY FACTS

- ◆ A small - even invisible - amount of an allergen can cause a reaction
- ◆ Allergic symptoms can include stomach ache, vomiting, hives, throat tightening, breathing difficulty, swelling, blood pressure drop and shock
- ◆ Food reactions can become serious - even deadly - within minutes
- ◆ Severe food allergic reactions cause 200,000 emergency department visits each year in the U.S. (=one every 3 minutes)
- ◆ Epinephrine (adrenaline) is prescribed for allergic reactions
- ◆ Common allergens are: peanuts, tree nuts, milk, eggs, fish, shellfish, soy, wheat
- ◆ Between 6-8% of U.S. children and 1-2% of U.S. adults have food allergies
- ◆ More than 200,000 Minnesotans have food allergies (15 million Americans)
- ◆ Approximately 55,000 Minnesota students have food allergies

Be Safe!

- ◆ Wash hands before eating
- ◆ Read labels
- ◆ Carry emergency medication
- ◆ Treat allergic reactions promptly!

AFAA FACTS

- ◆ Volunteer-driven 501(c)3 non-profit charity with monthly activities
- ◆ Mission: Food Allergy Education, Advocacy, and Support
- ◆ Motto: *Take the Fear Out of Food Allergies!*
- ◆ Free quarterly e-magazine – sign up at www.minnesotafoodallergy.org

ANAPHYLAXIS & FOOD ALLERGY ASSOCIATION OF MINNESOTA (AFAA)

e-mail: info@minnesotafoodallergy.org phone: (651) 644-5937 website: www.minnesotafoodallergy.org
2200 Hendon Avenue; St. Paul, MN 55108