Food Allergies

Your symptoms may be due to a food allergy. Symptoms usually happen within 1/2 to 2 hours of eating or drinking something to which are you are allergic. Symptoms can happen immediately. This is an emergency.

Signs of food allergy may include:

- Hives.
- Unusual swelling, especially around the mouth or throat.
- Breathing difficulty.
- Abdominal or chest pain.
- Fatigue and irritability.
- Nausea, vomiting and or diarrhea.
- Fainting.
- Headaches.
- Runny nose.

Common foods that cause allergic reactions include:

- **Milk.**
- **Eggs.**
- **Seafood.**
- **Nuts.**
- **Strawberries.**
- **Chocolate.**
- **Wheat products**.

Special tests can help find the foods to which you are allergic.

Treatment includes avoiding the foods which cause problems. If you are not sure what caused your reaction, keep a diary of the foods you eat and how you react to them. You may be tempted to retest yourself or your child with a food or drink you think caused an allergic reaction. **Never** do this if an anaphylactic reaction or very severe reaction to that food or drink has happened.

Do not take aspirin or pain medicines unless your caregiver approves.

Medications, including adrenalin (epinephrine or epi) injections, antihistamines and cortisone drugs may be needed to control your symptoms. Food allergy reactions can be very serious.

SEEK MEDICAL CARE IF:

- You suspect a food allergy. Symptoms generally occur within 30 minutes of eating food.
- Your symptoms have not gone away within 2 days. See your caregiver sooner if symptoms are getting worse.
- You develop new symptoms.
- There is a return of the symptoms which brought you to your caregiver.

SEEK IMMEDIATE MEDICAL CARE IF:

- You have trouble breathing, are wheezing or you have a tight feeling in your chest or throat.
- You have a swollen mouth, or you have hives, swelling or itching all over your body.
- Repeated vomiting, increased abdominal pain or fainting.

If you develop symptoms and/or signs of food allergy as described above, use your epi-pen immediately. Give the injection according to the instructions that came with it. Following use of the EpiPen®, seek help immediately.

THIS IS AN EMERGENCY. CALL FOR EMERGENCY SERVICES (911 IN THE U.S.).

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