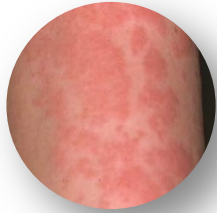


Symptoms of an Allergic Reaction

Be able to recognize symptoms of an allergic reaction

Skin

Rash, hives, welts, swelling, flushing, itching



Cardiovascular

Blue or pale skin, weak pulse, fainting, dizziness, loss of consciousness, confusion, shock, low blood pressure



Nose & Throat

Sneezing, nasal congestion, hoarse voice, difficulty swallowing, throat swelling, dry cough



Neurological and Emotional

Sense of doom, irritability, mood change, confusion, decrease in alertness



Lungs

Deep cough, wheezing, chest tightness, shortness of breath, difficulty breathing



Lips, Tongue, Mouth & Eyes

Lip and tongue swelling; itching of mouth and throat; red, itchy, watery eyes



Gastrointestinal

Belly pain or cramping, heart burn, nausea, vomiting, diarrhea



Food Code 2013 requires certified food protection managers and persons in charge to describe symptoms of an allergic reaction

What to Do in An Allergic Emergency

Allergic reactions can be life threatening

Know what to do!

- Get your manager!
- Follow your establishment's allergy emergency plan
- Encourage the patron to follow the advice of their healthcare provider
- Do not have the patron stand!

Call 911 or Local Emergency Services