

# Allergic Reaction Guide

Symptoms can come on instantly or up to 12 hours after the time of ingesting the food.



**KNOW THE SIGNS!** These are some of the common symptoms of an allergic reaction:

## Symptoms of a MILD REACTION

- Itchy, runny nose
- Sneezing
- Mild hives
- Mild nausea
- Dry cough
- Odd taste in mouth

## Symptoms of a SEVERE REACTION

- Shortness of breath
- Wheezing
- Repetitive cough
- Drop in blood pressure (feeling faint, weak or passing out)
- Loss of consciousness
- Chest pain
- Pale, blue, dizzy
- Tight throat
- Trouble breathing
- Swelling of the tongue or lips
- Hives
- Vomiting or diarrhea
- Overwhelming feeling of anxiety

## What to do if someone has an ALLERGIC/ANAPHYLACTIC REACTION

