

Be Prepared for a Food Allergy Emergency

Recognize the signs of anaphylaxis¹

Shortness of breath
Wheezing
Sensation of throat closing



Hives



Swelling around the eyes and mouth
Tingling and itching around the mouth



A sudden drop in blood pressure
Weak and rapid pulse



Abdominal pain
Nausea and vomiting

Know the Facts:

According to recent surveys, 36% of adults with food allergies² and 42% of kids with food allergies² have visited the emergency room for an allergic reaction.



8-10% of Americans have a food allergy.^{2,3}

Use Epinephrine

1

Epinephrine is the medication of choice for the initial treatment of anaphylaxis.¹

2

When epinephrine is used quickly, it is almost always effective.¹

3

Delayed use of epinephrine is associated with poor outcomes, including death.¹

1. Schuster SH, Simons EP. AAP section on Allergy and Immunology. Epinephrine for First-aid Management of Anaphylaxis. Pediatrics. 2017; 139(5).
2. Gupta RB, Warren CM, Smith BM, et al. Prevalence and Severity of Food Allergies Among US Adults. JAMA Netw Open. 2018;2(1):e180000.
3. Gupta RB, Warren CM, Smith BM, et al. The Public Health Impact of Parent-Reported Childhood Food Allergies in the United States. Pediatrics. 2018; 142(5).

The Onetenone Method For Allergy Control

Glenn S. Rothfeld, Suzanne LeVert



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