### What is a Food Allergy?
The immune system's response to a certain food after consumption

#### The "Big 9" Allergens
- Milk
- Eggs
- Wheat
- Peanuts
- Tree nuts
- Soybean
- Fish
- Shellfish
- Sesame

#### Prevention Methods
- Know the "Big 9"
- Avoid the food you are allergic to
- Carefully read food labels
- Store allergens separately & double-check ingredient labels for allergens
- Wash hands before preparing allergen-free meals
- Use separate utensils and surfaces for allergens, or wash & sanitize utensils and surfaces before preparing meals

#### Common Symptoms
- Hives
- Eczema
- Nasal Congestion
- Coughing, Wheezing
- Itchy, Watery, Red Eyes
- Itchy, Tingly, Swollen Mouth
- Trouble Breathing, Swallowing
- Dizziness, Fainting
- Abdominal Pain
- Diarrhea
- Nausea
- Vomiting

#### What to do during an emergency
- Have epinephrine on hand and inject it immediately
- Call 911 if you notice anaphylaxis symptoms