

When it comes to Food Allergy Safety, It's a matter of **FAACT**

F

Food Allergies are REAL and can be FATAL!

Anaphylaxis is a serious allergic reaction that comes on **quickly** and has the potential to become **life-threatening**.

Anaphylaxis: www.FoodAllergyAwareness.org/food-allergy-and-anaphylaxis/anaphylaxis/

A

Avoiding Allergens is a MUST!

Never assume something is safe- **ALWAYS** read **ALL** labels for their ingredient and manufacturing information.

Reading Labels: www.FoodAllergyAwareness.org/food-allergy-and-anaphylaxis/food-labeling/

A

Allergies to Food are NOT a joke!

NO child should ever be bullied, teased or excluded, especially due to their food allergy.

Bullying: www.FoodAllergyAwareness.org/education/bullying/

C

Cross-Contact CAN happen!

Proper cleaning of hands, cookware, utensils, and also surfaces is **vital** for **preventing exposure** to allergens.

Cross-Contact: www.FoodAllergyAwareness.org/food-allergy-and-anaphylaxis/cross-contact/

T

Together, We CAN Make a Difference

FAACT is here to provide **support** and helpful **resources** that you can easily **learn, print, and share!**

Resources: www.FoodAllergyAwareness.org/education/

Thank you for taking the time to learn about **food allergies!**