



## Newly Diagnosed *with* Food Allergies?

The team at **FAACT** is here to support you as you learn to live a food-allergic lifestyle and manage your food allergy.

**Avoid the Allergen** *Assume nothing!* Verify all ingredients before declaring a food item safe to eat. Read labels on packaged goods and if you have a question on the safety of a product, call the company directly. Learn how to clean potentially crosscontaminated surfaces...including your hands.

**Be Prepared** *Always have emergency medication* (e.g., autoinjectable epinephrine and antihistamines) with you. Become familiar with how to use your epinephrine device and the steps in your Allergy & Anaphylaxis Emergency Plan.

**Consult a board-certified allergist** *Allergists have specific training* and expertise in food allergy and anaphylaxis diagnosis and management. Work closely with your board-certified allergist to better understand food allergy, the testing process and diagnosis, and to develop an Allergy & Anaphylaxis Emergency Plan.

#KnowtheFAACTs  
FoodAllergyAwareness.org

