

WE ARE A FOOD ALLERGY AWARE SCHOOL

#takeallergyseriously #bekind

DONT SHARE FOOD

with friends with
food allergies



LEARN THE SIGNS

of an allergic reaction

Swelling Wheezing

Trouble breathing

Itching Vomiting

Hives

ALLERGY SAFETY RULES

ALWAYS WASH HANDS

Before and after
meals to prevent
cross contamination



ALWAYS CHECK

the ingredients
to see if a food is
safe to eat

ALERT ADULT

immediately if you
or a friend is having
an allergic reaction