

# WE ARE A FOOD ALLERGY AWARE ZONE

#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

**Lancashire**  
County  
Council

