



HOW TO PROTECT THE LIVES OF FRIENDS WHO HAVE FOOD ALLERGIES

- ◆ Never take food allergies lightly.
- ◆ Don't share food with friends who have food allergies.
- ◆ Wash hands after eating.
- ◆ Ask what your friends are allergic to and help them avoid it.
- ◆ If a friend who has food allergies becomes ill, get help immediately!



For more information about food allergies, contact:
The Food Allergy & Anaphylaxis Network
11781 Lee Jackson Hwy., Suite 160
Fairfax, VA 22033-3309
Phone: (800) 929-4040 • Fax: (703) 691-2713
E-mail: faan@foodallergy.org • Web site: www.foodallergy.org