

Egg Allergy Avoidance List

Hidden Names for Egg

Compiled by Debra A. Indorato RD, LDN, member of KFA's Medical Advisory Team

Foods covered by the FDA labeling laws that contain eggs must be labeled in plain English to declare that it "contains eggs." However, there are many foods and products that are not covered by FDA allergen labeling laws, so it is still important to know how to read a label for egg ingredients.

Products exempt from plain English labeling rules: foods that are not regulated by the FDA (tinyurl.com/KFA-FALCPA), cosmetics and personal care products, prescription and over-the-counter medications or supplements, pet food, toys and crafts.



CONTAIN EGG

The following ingredients found on a label indicate the presence of egg protein. All labels should be read carefully before consuming a product, even if it has been used safely in the past.

Albumin

Apovitellin

**Cholesterol free egg substitute
(e.g. Eggbeaters®)**

Dried egg solids, dried egg

Egg, egg white, egg yolk

Egg wash

Eggnog

Fat substitutes

Globulin

Livetin

Lysozyme

Mayonnaise

Meringue, meringue powder

Ovalbumin

Ovoglobulin

Ovomucin

Ovomucoid

Ovotransferrin

Ovovitelia

Ovovitellin

Powdered eggs

Silici albuminate

Simplese

Surimi

Trailblazer

Vitellin

Whole egg

MAY CONTAIN EGG

Artificial flavoring

Baked goods

Lecithin

Natural flavoring

Nougat

Pasta

PROUDLY BROUGHT TO YOU BY



For more detailed information and a list of resources, please visit KidsWithFoodAllergies.org.

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TAKE ALL FOOD ALLERGIES SERIOUSLY ■ TRACE AMOUNTS OF FOOD CAN CAUSE A REACTION

The following ingredients found on a label indicate the presence of egg. All labels should be read carefully before consuming a product, even if it has been used safely in the past. Print and share copies of this list to assist people who shop or label read for your egg allergic child.

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Milk Allergy Avoidance List

Hidden Names for Milk

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Foods covered by the FDA labeling laws that contain milk must be labeled in plain English to declare that it "contains milk." However, there are many foods and products that are not covered by FDA allergen labeling laws, so it is still important to know how to read a label for milk ingredients.

Products exempt from plain English labeling rules: foods that are not regulated by the FDA (tinyurl.com/KFA-FALCPA), cosmetics and personal care products, prescription and over-the-counter medications or supplements, pet food, toys and crafts.



CONTAIN MILK

The following ingredients found on a label indicate the presence of milk protein. All labels should be read carefully before consuming a product, even if it has been used safely in the past.

Milk — acidophilus milk, buttermilk, buttermilk blend, buttermilk solids, cultured milk, condensed milk, dried milk, dry milk solids (DMS), evaporated milk, fat free milk, fully cream milk powder, goat's milk, Lactaid® milk, lactose free milk, low fat milk, malted milk, milk derivative, milk powder, milk protein, milk solids, milk solid pastes, nonfat dry milk, nonfat milk, nonfat milk solids, pasteurized milk, powdered milk, sheep's milk, skim milk, skim milk powder, sour milk, sour milk solids, sweet cream buttermilk powder, sweetened condensed milk, sweetened condensed skim milk, whole milk, 1% milk, 2% milk

Butter — artificial butter, artificial butter flavor, butter, butter extract, butter fat, butter flavored oil, butter solids, dairy butter, natural butter, natural butter flavor, whipped butter

Casein & caseinates — ammonium caseinate, calcium caseinate, hydrolyzed casein, iron caseinate magnesium caseinate, potassium caseinate, sodium caseinate, zinc caseinate

Cheese — cheese (all types), cheese flavor (artificial and natural), cheese food, cottage cheese, cream cheese, imitation cheese, vegetarian cheeses with casein

Cream, whipped cream

Curds

Custard

Dairy product solids

Galactose

Ghee

Half & Half

Hydrolysates — casein hydrolysate, milk protein hydrolysate, protein hydrolysate, whey hydrolysate, whey protein hydrolysate

Ice cream, ice milk, sherbet

Lactalbumin, lactalbumin phosphate

Lactate solids

Lactyc yeast

Lactitol monohydrate

Lactoglobulin

Lactose

Lactulose

Milk fat, anhydrous milk fat

Nisin preparation

Nougat

Pudding

Quark

Recaldent

Rennet, rennet casein

Simplese® (fat replacer)

Sour cream, sour cream solids, imitation sour cream

Whey — acid whey, cured whey, delactosed whey, demineralized whey, hydrolyzed whey, powdered whey, reduced mineral whey, sweet dairy whey, whey, whey protein, whey protein concentrate, whey powder, whey solids

Yogurt (regular or frozen), yogurt powder

MAY CONTAIN MILK

Natural flavoring

Flavoring

Caramel flavoring

High protein flour

Lactic acid (usually not a problem)

Lactic acid starter culture

"Non-dairy" products may contain casein

Rice cheese

Soy cheese

SHOULD BE SAFE

These milk derivatives should be safe for most individuals with milk allergy, but check with your doctor before using.

Lactoferrin

Tagatose (Naturlose®)

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CUT

<p>CONTAIN MILK</p> <p>Butter Casein & caseinates Cheese Cream, whipped cream Curds Custard Dairy product solids Galactose Ghee</p> <p>Half & Half Hydrolysates Ice cream, ice milk, sherbet Lactalbumin Lactate solids Lactyc yeast Lactitol monohydrate Lactoglobulin Lactose Lactulose</p> <p>Milk, milk fat Nisin preparation Nougat Pudding Quark Recaldent Rennet Simplese® Sour cream Whey Yogurt</p>	<p>MAY CONTAIN MILK</p> <p>Artificial flavoring Natural flavoring Caramel flavoring Flavoring High protein flour</p> <p>Lactic acid, lactic acid starter culture "Non-dairy" products Rice cheese, soy cheese</p> <p>All labels should be read carefully before consuming a product, even if it has been used safely in the past.</p> <p> For more detailed information and a list of resources, please visit: KidsWithFoodAllergies.org. Copyright ©2014, Kids With Food Allergies, A Division of the Asthma and Allergy Foundation of America, all rights reserved. Rev. March 2015</p>
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FOLD

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Peanut Allergy Avoidance List

Hidden Names for Peanuts

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Foods covered by the FDA labeling laws that contain peanuts must be labeled in plain English to declare that it "contains peanuts." However, there are many foods and products that are not covered by FDA allergen labeling laws, so it is still important to know how to read a label for peanut ingredients.

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CONTAIN PEANUT

The following ingredients found on a label indicate the presence of peanut protein. All labels should be read carefully before consuming a product, even if it has been used safely in the past.

Arachic oil

Arachis

Arachis hypogaea

Artificial nuts

Beer nuts

Boiled peanuts

Cold pressed, extruded, or expelled peanut oil

Crushed nuts, crushed peanuts

Dry roasted peanuts

Earth nuts

Goober peas

Goobers

Ground nuts, ground peanuts

Hydrolyzed peanut protein

Hypogaeic acid

Mandelonas

Mixed nuts

Monkey nuts

Nu nuts flavored nuts

Nut pieces

Nutmeat

Peanuts, peanut butter, peanut butter chips, peanut butter morsels

Peanut flour

Peanut paste

Peanuts sauce, peanut syrup

Spanish peanuts

Virginia peanuts

MAY CONTAIN PEANUT

Artificial flavoring

Baked goods

Candy

Chili

Chocolate

Crumb toppings

Egg rolls

Enchilada sauce

Ethnic foods: African, Asian, Chinese, Indian, Indonesian, Thai, Vietnamese, Mexican

Fried foods

Flavoring

Graham cracker crust

Hydrolyzed plant protein

Hydrolyzed vegetable protein

Marzipan

Mole sauce

Natural flavoring

Nougat

MAY NOT BE SAFE

Lupine is a legume that cross-reacts with peanut at a high rate and should be avoided by peanut allergic patients. It does not fall under the labeling requirements of FALCPA. Lupine is also known as lupinus albus and can be found in seed or flour form.

MAY BE SAFE, BUT ASK YOUR ALLERGIST

Peanuts and soybean are in the legume family which includes beans and lentils. Five percent of children allergic to peanuts may react to other legumes. Many years ago, it was common to recommend avoidance of legumes, including soy, because of a peanut allergy but this practice has been proven unnecessary. Ask your allergist what is best for your child.

Some allergy experts advise those allergic to peanuts to avoid all tree nuts. Ask your allergist what is best for your child.

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Peanut Allergy Avoidance List




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Soy Allergy Avoidance List

Hidden Names for Soy

Compiled by Debra A. Indorato RD, LDN, member of KFA's Medical Advisory Team

Foods covered by the FDA labeling laws that contain soy must be labeled in plain English to declare that it "contains soy." However, there are many foods and products that are not covered by FDA allergen labeling laws, so it is still important to know how to read a label for soy ingredients.

Products exempt from plain English labeling rules: foods that are not regulated by the FDA (tinyurl.com/KFA-FALCPA), cosmetics and personal care products, prescription and over-the-counter medications or supplements, pet food, toys and crafts.



CONTAIN SOY

The following ingredients found on a label indicate the presence of soy protein. All labels should be read carefully before consuming a product, even if it has been used safely in the past.

Bean curd	Soya
Edamame (soybeans in pods)	Soya Flour
Hydrolyzed soy protein	Soybeans
Kinnoko flour	Soybean granules
Kyodofu (freeze dried tofu)	Soybean curd
Miso	Soybean flour
Natto	Soy lecithin*
Okara (soy pulp)	Soybean paste
Shoyu sauce	Supro
Soy albumin	Tamari
Soy bran	Tempeh
Soy concentrate	Teriyaki sauce
Soy fiber	Textured soy flour (TSF)
Soy flour	Textured soy protein (TSP)
Soy formula	Textured vegetable protein (TVP)
Soy grits	Tofu
Soy milk	Yakidofu
Soy miso	Yuba (bean curd)
Soy nuts	
Soy nut butter	
Soy protein, soy protein concentrate, Soy protein isolate	
Soy sauce	
Soy sprouts	

MAY CONTAIN SOY

Artificial flavoring
Asian foods (e.g. Japanese, Chinese, Thai, etc.)
Hydrolyzed plant protein
Hydrolyzed vegetable protein (HVP)
Natural flavoring
Vegetable broth
Vegetable gum
Vegetable starch

SHOULD BE SAFE

Soy oil (except cold pressed, expeller pressed or extruded soybean oil)

Vegetable oil derived from soy

These soy derivatives should be safe for most soy-allergic individuals.

*Products that are covered by the FDA labeling laws and contain soy lecithin must be labeled "contains soy."

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Wheat Allergy Avoidance List

Hidden Names for Wheat

Reviewed by Debra A. Indorato RD, LDN

Foods covered by the FDA labeling laws that contain wheat must be labeled in plain English to declare that it “contains wheat.” However, there are many foods and products that are not covered by FDA allergen labeling laws, so it is still important to know how to read a label for wheat ingredients.

Products exempt from plain English labeling rules: foods that are not regulated by the FDA (tinyurl.com/KFA-FALCPA), cosmetics and personal care products, prescription and over-the-counter medications or supplements, pet food, toys and crafts.



CONTAIN WHEAT

The following ingredients found on a label indicate the presence of wheat protein. Read all labels carefully before consuming a product, even if it has been used safely in the past.

All-purpose flour

Bread — any type made with white flour, wheat flour; bread crumbs

Bulgur

Cereal extract

Couscous

Cracker meal

Einkorn

Emmer — also known as farro

Farina

Flour — atta, club, common, durum, einkorn, emmer, farina, graham, kamut, maida, semolina, spelt, triticale, triticum

Flour — all purpose, bread, bromated, cake, enriched, high gluten, high protein, instant pastry, phosphated, plain, soft wheat, steel ground, stone ground, self-rising, unbleached, white, whole wheat

Fu

Gluten — wheat gluten, vital gluten, vital wheat gluten, fu

Kamut® — khorasan wheat

Malt, malt extract

Matzo — Matzo meal (also spelled as matzoh, matzah, or matza)

Noodles, pasta

Seitan

Semolina

Spelt

Tabbouleh

Triticale

Triticum

Wheat, whole wheat — wheat berries, wheat bran, whole wheat bread, whole wheat flour, wheat germ, wheat germ oil, wheat protein isolate, wheat starch, wheat sprouts, sprouted wheat

Wheatgrass

WHEAT IS SOMETIMES FOUND IN

Artificial flavoring, natural flavoring

Caramel color

Dextrin

Food starch*, gelatinized starch, modified starch, modified food starch, vegetable starch

Glucose syrup

Hydrolyzed vegetable protein (HVP)

Maltodextrin

Monosodium glutamate, MSG

Oats**

Soy sauce, shoyu, tamari, teriyaki sauce

Surimi

Textured vegetable protein

Vegetable gum

Wheat may be an added ingredient in flours, baked goods and other products made with alternative grains, such as rice crackers.

*Unless otherwise stated on the food label, the single word “starch” in an ingredient list means corn starch. Starches from other sources should be designated by some non-misleading term that indicates the source of such starch, for example, “wheat starch.” See: **Starches Common or Usual Names (FDA)** tinyurl.com/FDAStarches

**Wheat-free and gluten-free oats can be found from special suppliers.

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<p>CONTAIN WHEAT</p> <p>Bread (any type made with white flour, wheat flour; bread crumbs) Bulgur Cereal extract Couscous Cracker meal Einkorn Emmer (farro) Farina Flour and types of flour (all-purpose flour, atta, club, common, durum, einkorn, emmer, farina, graham, kamut, maida, semolina, spelt, triticale, triticum, bread,</p> <p>bromated, cake, enriched, high gluten, high protein, instant pastry, phosphated, plain, soft wheat, steel ground, stone ground, self-rising, unbleached, white, whole wheat) Fu Gluten (wheat gluten, vital gluten, vital wheat gluten, fu) Kamut® (khorasan wheat) Malt, malt extract Matzo (matzo meal, matzoh, matzah, matza)</p> <p>Noodles, pasta Seitan Semolina Spelt Tabbouleh Triticale Triticum Wheat, whole wheat, wheat berries, wheat bran, whole wheat bread, whole wheat flour, wheat germ, wheat germ oil, wheat protein isolate, wheat starch, wheat sprouts, sprouted wheat Wheatgrass</p>	<p>WHEAT IS SOMETIMES FOUND IN</p> <p>Artificial flavoring, natural flavoring Caramel color Dextrin Food starch, gelatinized starch, modified starch, modified food starch, vegetable starch Glucose syrup Hydrolyzed vegetable protein (HVP)</p> <p>Maltodextrin Monosodium glutamate, MSG Oats Soy sauce, shoyu, tamari, teriyaki sauce Surimi Textured vegetable protein Vegetable gum</p> <p>All labels should be read carefully before consuming a product, even if it has been used safely in the past.</p> <p> For more detailed information and a list of resources, please visit: KidsWithFoodAllergies.org.</p> <p>Copyright ©2014, Kids With Food Allergies, A Division of the Asthma and Allergy Foundation of America, all rights reserved. Rev. March 2015</p>
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PROUDLY BROUGHT TO YOU BY



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Rev. March 2015





Tips for Avoiding Your Allergen

- All FDA-regulated manufactured food products that contain a “major food allergen” (milk, wheat, egg, peanuts, tree nuts, fish, crustacean shellfish, and soy) as an ingredient are required by U.S. law to list that allergen on the product label. For tree nuts, fish and crustacean shellfish, the specific type of nut or fish must be listed.
- Read all product labels carefully before purchasing and consuming any item.
- Be aware of unexpected sources of allergens, such as the ingredients listed below.
- *Note: This list does not imply that the allergen is always present in these foods; it is intended to serve as a reminder to always read the label and ask questions about ingredients.



For a Milk-Free Diet

Avoid foods that contain milk or any of these ingredients:

butter, butter fat, butter oil, butter acid, butter ester(s)	lactalbumin, phosphate	<i>solids, whole</i>
butter milk	lactoferrin	milk protein hydrolysate
casein	lactose	pudding
casein hydrolysate	lactulose	Recaldent®
caseinates (<i>in all forms</i>)	milk (<i>in all forms, including condensed, derivative, dry, evaporated, goat's milk and milk from other animals, lowfat, malted, milkfat, nonfat, powder, protein, skimmed,</i>	rennet casein
cheese		sour cream, sour cream solids
cottage cheese		sour milk solids
cream		tagatose
curds		whey (<i>in all forms</i>)
custard		whey protein
diacetyl		hydrolysate
ghee		yogurt
half-and-half		

Milk is sometimes found in the following:

artificial butter flavor	culture and other bacterial cultures	nisin
baked goods	luncheon meat, hot dogs, sausages	non dairy products
caramel candies	margarine	nougat
chocolate		
lactic acid starter		

Keep the following in mind:

- Individuals who are allergic to cow's milk are often advised to also avoid milk from other domestic animals. For example, goat's milk protein is similar to cow's milk protein and may, therefore, cause a reaction in individuals who have a milk allergy.



For a Wheat-Free Diet

Avoid foods that contain wheat or any of these ingredients:

bread crumbs	<i>protein, instant, pastry, self-rising, soft wheat, steel ground, stone ground, whole wheat</i>	semolina
bulgur		spelt
cereal extract		sprouted wheat
club wheat		triticale
couscous		vital wheat gluten
cracker meal	hydrolyzed wheat protein	wheat (<i>bran, durum, germ, gluten, grass, malt, sprouts, starch</i>)
durum	Kamut®	wheat bran hydrolysate
einkorn	matzoh, matzoh meal (<i>also spelled as matzo, matzah, or matza</i>)	wheat germ oil
emmer	pasta	wheat grass
farina	seitan	wheat protein isolate
flour (<i>all purpose, bread, cake, durum, enriched, graham, high gluten, high</i>		whole wheat berries

Wheat is sometimes found in the following:

glucose syrup	soy sauce	surimi
oats	starch (<i>gelatinized starch, modified starch, modified food starch, vegetable starch</i>)	



For an Egg-Free Diet

Avoid foods that contain eggs or any of these ingredients:

albumin (<i>also spelled albumen</i>)	livetin	vitellin
egg (<i>dried, powdered, solids, white, yolk</i>)	lysozyme	words starting with “ovo” or “ova” (<i>such as ovalbumin</i>)
egg nog	mayonnaise	
globulin	meringue (<i>meringue powder</i>)	
	surimi	

Egg is sometimes found in the following:

baked goods	fried rice	meatloaf or meatballs
breaded items	ice cream	nougat
drink foam (<i>alcoholic, specialty coffee</i>)	lecithin	pasta
egg substitutes	marzipan	
	marshmallows	

Keep the following in mind:

- Individuals with egg allergy should also avoid eggs from duck, turkey, goose, quail, etc., as these are known to be cross-reactive with chicken egg.
- While the whites of an egg contain the allergenic proteins, patients with an egg allergy must avoid all eggs completely.



For a Soy-Free Diet

Avoid foods that contain soy or any of these ingredients:

edamame	soy protein (<i>concentrate, hydrolyzed, isolate</i>)
miso	shoyu
natto	soy sauce
soy (<i>soy albumin, soy cheese, soy fiber, soy flour, soy grits, soy ice cream, soy milk, soy nuts, soy sprouts, soy yogurt</i>)	tamari
soya	tempeh
soybean (<i>curd, granules</i>)	textured vegetable protein (<i>TVP</i>)
	tofu

Soy is sometimes found in the following:

Asian cuisine	vegetable gum
vegetable broth	vegetable starch

Keep the following in mind:

- The FDA exempts highly refined soybean oil from being labeled as an allergen. Studies show most allergic individuals can safely eat soy oil that has been highly refined (not cold pressed, expeller pressed, or extruded soybean oil).
- Most individuals allergic to soy can safely eat soy lecithin.
- Follow your doctor's advice regarding these ingredients.





For a Shellfish-Free Diet

Avoid foods that contain shellfish or any of these ingredients:

barnacle	lobster (<i>langouste, langoustine, Moreton bay bugs, scampi, tomalley</i>)	prawns
crab		shrimp (<i>crevette, scampi</i>)
crawfish (<i>crawdad, crayfish, ecrevisse</i>)		
krill		

! Mollusks are not considered major allergens under food labeling laws and may not be fully disclosed on a product label.

Your doctor may advise you to avoid mollusks or these ingredients:

abalone	limpet (<i>lapas, opihi</i>)	sea cucumber
clams (<i>cherrystone, geoduck, littleneck, pismo, quahog</i>)	mussels	sea urchin
cockle	octopus	snails (<i>escargot</i>)
cuttlefish	oysters	squid (<i>calamari</i>)
	periwinkle	whelk (<i>Turban shell</i>)
	scallops	

Shellfish are sometimes found in the following:

bouillabaisse	fish stock	surimi
cuttlefish ink	seafood flavoring (<i>e.g., crab or clam extract</i>)	
glucosamine		

Keep the following in mind:

- Any food served in a seafood restaurant may contain shellfish protein due to cross-contact.
- For some individuals, a reaction may occur from inhaling cooking vapors or from handling fish or shellfish.



For a Peanut-Free Diet

Avoid foods that contain peanuts or any of these ingredients:

artificial nuts	goobers	nut meat
beer nuts	ground nuts	peanut butter
cold pressed, expeller pressed, or extruded peanut oil	mixed nuts	peanut flour
	monkey nuts	peanut protein hydrolysate
	nut pieces	

Peanut is sometimes found in the following:

African, Asian (<i>especially Chinese, Indian, Indonesian, Thai, and Vietnamese</i>), and Mexican dishes	baked goods (<i>e.g., pastries, cookies</i>)	enchilada sauce
	candy (<i>including chocolate candy</i>)	marzipan
	chili	mole sauce
	egg rolls	nougat

Keep the following in mind:

- Mandelonas are peanuts soaked in almond flavoring.
- The FDA exempts highly refined peanut oil from being labeled as an allergen. Studies show that most allergic individuals can safely eat peanut oil that has been highly refined (not cold pressed, expeller pressed, or extruded peanut oil). Follow your doctor's advice.
- A study showed that unlike other legumes, there is a strong possibility of cross-reaction between peanuts and lupine (or lupin). Flour derived from lupine is becoming a common substitute for gluten-containing flours. The law requires that a food product's ingredients must be listed on the label, such as "lupin" or "lupine".
- Arachis oil is peanut oil.
- Many experts advise patients allergic to peanuts to avoid tree nuts as well.
- Sunflower seeds are often produced on equipment shared with peanuts.
- Some alternative nut butters, such as soy nut butter or sunflower seed butter, are produced on equipment shared with other tree nuts and, in some cases, peanuts. Contact the manufacturer before eating these products.



For a Tree-Nut-Free Diet

Avoid foods that contain nuts or any of these ingredients:

almond	litchi/lichee/lychee nut	pecan
artificial nuts	macadamia nut	pesto
beechnut	marzipan/almond paste	pili nut
Brazil nut	Nangai nut	pine nut (<i>also referred to as Indian, pignoli, pignolia, pignon, piñon, and pinyon nut</i>)
butternut	natural nut extract (<i>e.g., almond, walnut</i>)	
cashew	nut butters (<i>e.g., cashew butter</i>)	
chestnut	nut meal	
chinquapin nut	nut meat	
filbert/hazelnut	nut paste (<i>e.g., almond paste</i>)	
gianduja (<i>a chocolate-nut mixture</i>)	nut pieces	
ginkgo nut		
hickory nut		

Tree nuts are sometimes found in the following:

black walnut hull extract (<i>flavoring</i>)	nut distillates/alcoholic extracts	walnut hull extract (<i>flavoring</i>)
natural nut extract	nut oils (<i>e.g., walnut oil, almond oil</i>)	

Keep the following in mind:

- Mortadella may contain pistachios.
- There is no evidence that coconut oil and shea nut oil/butter are allergenic.
- Many experts advise patients allergic to tree nuts to avoid peanuts as well.
- Talk to your doctor if you find other nuts not listed here.
- Coconut, the seed of a drupaceous fruit, has typically not been restricted in the diets of people with tree nut allergy. However, in October of 2006, the FDA began identifying coconut as a tree nut. Medical literature documents a small number of allergic reactions to coconut; most occurred in people who were not allergic to other tree nuts. Ask your doctor if you need to avoid coconut.



For a Fish-Free Diet

Fish is sometimes found in the following:

barbecue sauce	fish oil	pizza (<i>anchovy topping</i>)
bouillabaisse	fish sauce imitation fish or shellfish isinglass	roe
Caesar salad	lutefisk maw, maws (<i>fish maw</i>)	salad dressing
caviar	fish stock	seafood flavoring
deep fried items	fishmeal	shark cartilage
fish flavoring	nuoc mam (<i>Vietnamese name for fish sauce; beware of other ethnic names</i>)	shark fin
fish flour		surimi
fish fume		sushi, sashimi
fish gelatin (<i>kosher gelatin, marine gelatin</i>)		Worcestershire sauce

Keep the following in mind:

- If you have fish allergy, avoid seafood restaurants. Even if you order a non-fish item off of the menu, cross-contact of fish protein is possible.
- Asian cookery often uses fish sauce as a flavoring base. Exercise caution when eating this type of cuisine.
- Fish protein can become airborne in the steam released during cooking and may cause an allergic reaction. Stay away from cooking areas when fish is being prepared.



Name: _____ D.O.B.: _____

Allergy to: _____

Weight: _____ lbs. Asthma: Yes (higher risk for a severe reaction) No

NOTE: Do not depend on antihistamines or inhalers (bronchodilators) to treat a severe reaction. USE EPINEPHRINE.

Extremely reactive to the following allergens: _____

THEREFORE:

- If checked, give epinephrine immediately if the allergen was **LIKELY** eaten, for **ANY** symptoms.
- If checked, give epinephrine immediately if the allergen was **DEFINITELY** eaten, even if no symptoms are apparent.

FOR ANY OF THE FOLLOWING:
SEVERE SYMPTOMS



LUNG

Shortness of breath, wheezing, repetitive cough



HEART

Pale or bluish skin, faintness, weak pulse, dizziness



THROAT

Tight or hoarse throat, trouble breathing or swallowing



MOUTH

Significant swelling of the tongue or lips



SKIN

Many hives over body, widespread redness



GUT

Repetitive vomiting, severe diarrhea



OTHER

Feeling something bad is about to happen, anxiety, confusion

OR A COMBINATION of symptoms from different body areas.



1. **INJECT EPINEPHRINE IMMEDIATELY.**
2. **Call 911.** Tell emergency dispatcher the person is having anaphylaxis and may need epinephrine when emergency responders arrive.
 - Consider giving additional medications following epinephrine:
 - » Antihistamine
 - » Inhaler (bronchodilator) if wheezing
 - Lay the person flat, raise legs and keep warm. If breathing is difficult or they are vomiting, let them sit up or lie on their side.
 - If symptoms do not improve, or symptoms return, more doses of epinephrine can be given about 5 minutes or more after the last dose.
 - Alert emergency contacts.
 - Transport patient to ER, even if symptoms resolve. Patient should remain in ER for at least 4 hours because symptoms may return.

MILD SYMPTOMS



NOSE

Itchy or runny nose, sneezing



MOUTH

Itchy mouth



SKIN

A few hives, mild itch



GUT

Mild nausea or discomfort

FOR **MILD SYMPTOMS FROM MORE THAN ONE SYSTEM AREA**, GIVE EPINEPHRINE.

FOR **MILD SYMPTOMS FROM A SINGLE SYSTEM AREA**, FOLLOW THE DIRECTIONS BELOW:

1. Antihistamines may be given, if ordered by a healthcare provider.
2. Stay with the person; alert emergency contacts.
3. Watch closely for changes. If symptoms worsen, give epinephrine.

MEDICATIONS/DOSES

Epinephrine Brand or Generic: _____

Epinephrine Dose: 0.1 mg IM 0.15 mg IM 0.3 mg IM

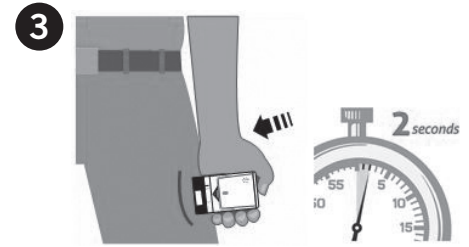
Antihistamine Brand or Generic: _____

Antihistamine Dose: _____

Other (e.g., inhaler-bronchodilator if wheezing): _____

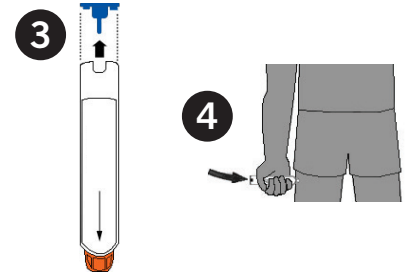
HOW TO USE AUVI-Q® (EPINEPRHINE INJECTION, USP), KALEO

1. Remove Auvi-Q from the outer case.
2. Pull off red safety guard.
3. Place black end of Auvi-Q against the middle of the outer thigh.
4. Press firmly until you hear a click and hiss sound, and hold in place for 2 seconds.
5. Call 911 and get emergency medical help right away.



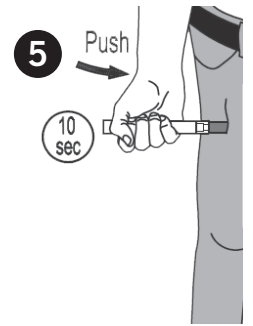
HOW TO USE EPIPEN® AND EPIPEN JR® (EPINEPHRINE) AUTO-INJECTOR AND EPINEPHRINE INJECTION (AUTHORIZED GENERIC OF EPIPEN®), USP AUTO-INJECTOR, MYLAN AUTO-INJECTOR, MYLAN

1. Remove the EpiPen® or EpiPen Jr® Auto-Injector from the clear carrier tube.
2. Grasp the auto-injector in your fist with the orange tip (needle end) pointing downward.
3. With your other hand, remove the blue safety release by pulling straight up.
4. Swing and push the auto-injector firmly into the middle of the outer thigh until it 'clicks'.
5. Hold firmly in place for 3 seconds (count slowly 1, 2, 3).
6. Remove and massage the injection area for 10 seconds.
7. Call 911 and get emergency medical help right away.



HOW TO USE IMPAX EPINEPHRINE INJECTION (AUTHORIZED GENERIC OF ADRENALICK®), USP AUTO-INJECTOR, IMPAX LABORATORIES

1. Remove epinephrine auto-injector from its protective carrying case.
2. Pull off both blue end caps: you will now see a red tip.
3. Grasp the auto-injector in your fist with the red tip pointing downward.
4. Put the red tip against the middle of the outer thigh at a 90-degree angle, perpendicular to the thigh.
5. Press down hard and hold firmly against the thigh for approximately 10 seconds.
6. Remove and massage the area for 10 seconds.
7. Call 911 and get emergency medical help right away.



ADMINISTRATION AND SAFETY INFORMATION FOR ALL AUTO-INJECTORS:

1. Do not put your thumb, fingers or hand over the tip of the auto-injector or inject into any body part other than mid-outer thigh. In case of accidental injection, go immediately to the nearest emergency room.
2. If administering to a young child, hold their leg firmly in place before and during injection to prevent injuries.
3. Epinephrine can be injected through clothing if needed.
4. Call 911 immediately after injection.

OTHER DIRECTIONS/INFORMATION (may self-carry epinephrine, may self-administer epinephrine, etc.):

Treat the person before calling emergency contacts. The first signs of a reaction can be mild, but symptoms can worsen quickly.

EMERGENCY CONTACTS — CALL 911

RESCUE SQUAD: _____

DOCTOR: _____ PHONE: _____

PARENT/GUARDIAN: _____ PHONE: _____

OTHER EMERGENCY CONTACTS

NAME/RELATIONSHIP: _____

PHONE: _____

NAME/RELATIONSHIP: _____

PHONE: _____