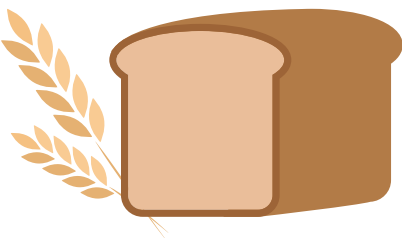


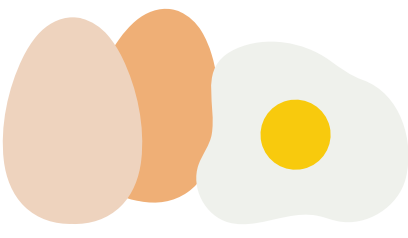
ALLERGEN MANAGEMENT

Food allergies can be deadly.

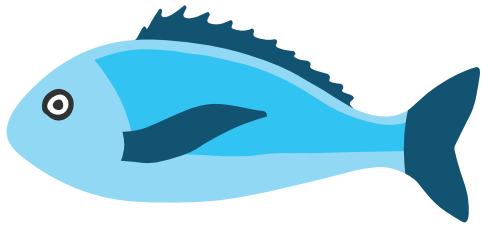
These nine allergens require labeling and control:



Wheat



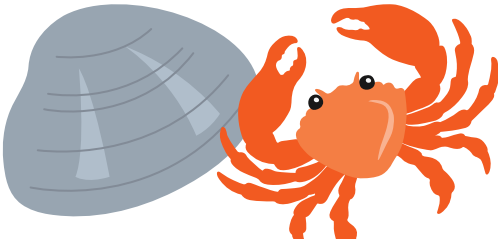
Eggs



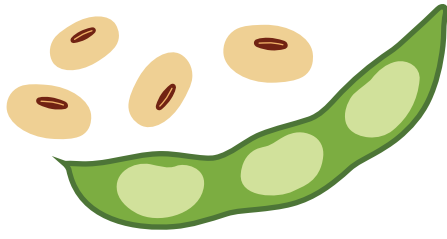
Fish



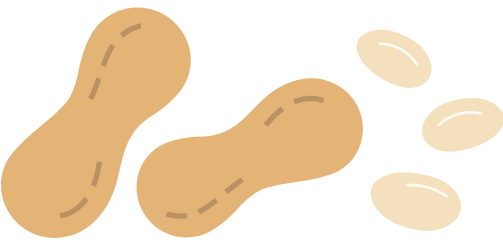
Tree Nuts



Shellfish



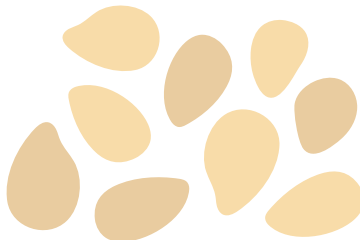
Soy



Peanuts



Milk



Sesame

Symptoms of an allergic reaction may include **itching, swelling, throat irritation, hives, trouble breathing** and **cardiac arrest**.

Allergens can be listed by different names but should be labeled on packaging. Some common ingredients may contain hidden allergens. For example, mayonnaise may contain soy or eggs, and pesto may contain tree nuts.

Keep food allergens away from non-allergen foods.



Label

Label all allergens in storage. Store them away from non-allergen foods.



Wash

Wash hands, utensils and surfaces when switching from allergen to non-allergen foods.



Communicate

Let customers and staff know about possible allergen risks. Tell cooks about customers' allergies.



Call 911 at the first sign of a reaction.

wakegov.com/FoodAllergy

Adapted from N.C. Cooperative Extension