

Food allergies can be serious

Even a tiny amount of the allergy-causing food can be harmful

The 8 most common allergy-causing foods:



Peanut



Eggs



Tree Nuts



Milk



Fish



Wheat



Shell Fish



Soy

Common Symptoms of Food Allergies

The most common food allergy signs and symptoms include:

- Tingling or itching in the mouth
- Hives, itching or eczema
- Swelling of the lips, face, tongue and throat, or other parts of the body
- Wheezing, nasal congestion or trouble breathing
- Abdominal pain, diarrhea, nausea or vomiting
- Dizziness, lightheadedness or fainting.

Call 911 if a customer is experiencing 2 or more of the above symptoms

When a customer informs a server of a food allergy, the server should:

- Ask the chef or manager if the allergy-causing food is in or came into contact with the dish ordered.
- Tell the customer what the chef or manager said.
- *Never guess! Ask Questions!*

How kitchen staff and servers can prevent cross-contamination:

- Check all ingredients by reading labels on packaged foods
- Wash hands
- Change gloves
- Clean work surfaces
- Never use any equipment or utensils that were used to prepare other foods
- Never use oils that were used to prepare other foods
- Prevent splashes and spills
- Keep the finished dish separate from other dishes.

Anaphylaxis

In some people, a food allergy can trigger a severe allergic reaction called anaphylaxis. This can cause life-threatening signs and symptoms, including:

- Constriction and tightening of airways
- A swollen throat or the sensation of a lump in your throat that makes it difficult to breathe
- Shock with a severe drop in blood pressure
- Rapid pulse
- Dizziness, lightheadedness or loss of consciousness.

Untreated, anaphylaxis can cause a coma or even death. Immediately call 911 if customer is experiencing anaphylaxis symptoms.

WHEN IN DOUBT – CALL 911



Environmental Health Services, County of Marin 415-473-6907
All County publications are available in alternative formats (Braille, Large Print, or CD) upon request.
Requests for accommodations may be made by calling
(415)473-4381 (Voice) 473-3232 (TDD/TTY) or by e-mail at disability access@marincounty.org

