

When it comes to Food Allergy Safety, It's a matter of **FAACT**

F

Food Allergies are REAL and can be FATAL!

Anaphylaxis is a serious allergic reaction that comes on quickly and has the potential to become **life-threatening**.

[Anaphylaxis: FoodAllergyAwareness.org/food-allergy-and-anaphylaxis/what-is-anaphylaxis/](https://FoodAllergyAwareness.org/food-allergy-and-anaphylaxis/what-is-anaphylaxis/)

A

Avoiding Allergens is a MUST!

Never assume something is safe- **ALWAYS** read **ALL** labels for their ingredient and manufacturing information.

[Reading Labels: FoodAllergyAwareness.org/food-allergy-and-anaphylaxis/food-labeling/](https://FoodAllergyAwareness.org/food-allergy-and-anaphylaxis/food-labeling/)

A

Allergies to Food are NOT a joke!

NO child should ever be bullied, teased or excluded, especially due to their food allergy.

[Bullying: FoodAllergyAwareness.org/bullying/](https://FoodAllergyAwareness.org/bullying/)

C

Cross-Contact CAN happen!

Proper cleaning of hands, cookware, utensils, and also surfaces is **vital** for preventing exposure to allergens.

[Cross-Contact: FoodAllergyAwareness.org/food-allergy-and-anaphylaxis/cross-contact/](https://FoodAllergyAwareness.org/food-allergy-and-anaphylaxis/cross-contact/)

T

Together, We CAN Make a Difference

FAACT is here to provide **support** and helpful resources that you can easily **learn, print, and share!**

[Resources: FoodAllergyAwareness.org](https://FoodAllergyAwareness.org)

Thank you for taking the time to learn about **food allergies!**

FoodAllergyAwareness.org