

# You may have received epinephrine recently. Are you living with food allergies?



Even with strict food avoidance, food allergens can add **unexpected reactions** to your day. Perhaps it's time to add more to your food allergy plan.

Food allergy treatments have evolved over the last several years. **Food avoidance** still remains the most effective protection against an allergic reaction. However, there are **additional treatment options** available that may help you navigate life with food allergies. **Talk to your allergist** today to find out more about those options.

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## Did you know?

Approximately **5.6 million** US children have a diagnosed food allergy.

About **38%** of US children with a food allergy are allergic to multiple foods.

Approximately **37 million** US adults have a food allergy.

About **50%** of US adults developed their allergy in adulthood.



## Tips for living with food allergies

- Create an allergy-friendly kitchen
- Remind friends and family members of allergy-friendly behaviors
- Carry an emergency kit with epinephrine handy
- Be aware of potential cross-contact in cooking, serving, and food storage
- Stay in the habit of informing wait staff of allergies
- Review allergy plans with schools or workplaces
- Plan ahead for allergy-friendly snacks at home and on the go



## Talk to your allergist

- Is this allergy life-threatening?
- Can this allergy get worse?
- Do I need regular blood or skin prick tests?
- Is it possible to develop a new food allergy?
- Is anaphylaxis the only possible food allergy reaction?
- What is the difference between food allergy and food intolerance?
- Are there treatment options available?



## Create a plan with your allergist

See if additional food allergy treatments could be the right fit for you.