NEWLY DIAGNOSED WITH FOOD ALLERGIES?

The team at FAACT is here to support you as you learn to live a food-allergic lifestyle and manage your food allergy. Visit us at: www.FoodAllergyAwareness.org

Avoid the Allergen

Assume nothing! Verify all ingredients before declaring a food item safe to eat. Read labels on packaged goods and if you have a question on the safety of a product, call the company directly. Learn how to clean potentially cross-contaminated surfaces...including your hands.

Be Prepared

Always have emergency medication (e.g., auto-injectable epinephrine and antihistamines) with you. Become familiar with how to use your epinephrine device and the steps in your emergency care action plan.

Consult a board-certified allergist

Allergists have specific training and expertise in food allergy and anaphylaxis diagnosis and management. Work closely with your board-certified allergist to better understand food allergy, the testing process and diagnosis, and to develop a management care plan.

#KnowTheFAACTs