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.

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 crosscontaminated surfaces...including your hands.

Be Prepared  Always have emergency medication (e.g., autoinjectable epinephrine and antihistamines) with you. Become familiar with how to use your epinephrine device and the steps in your Allergy & Anaphylaxis Emergency 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 an Allergy & Anaphylaxis Emergency Plan.

#KnowtheFAACTs  FoodAllergyAwareness.org