

# DON'T FORGET TO SHOW YOUR FOOD ALLERGY ALERT CARD

Next time you're dining in a restaurant, picking up food "to go," or are invited for a meal at a friend's home, please show your food allergy alert card to the server, cashier, or host. Print these cards to take with you.



1. Cut out card along the outside edge

2. Fold card in half along the white line

Reference: T. Shaker MS, Wallace DV, Golden DBK, et al. Anaphylaxis-a 2020 practice parameter update, systematic review, and Grading of Recommendations, Assessment, Development and Evaluation (GRADE) analysis. *J Allergy Clin Immunol*. 2020;145(4):1082-1123.

Thank you for helping to keep me safe!

- Please make sure that my food does not contain any of the ingredients on the front of this card
- Even a small or trace amount can cause a life-threatening allergic reaction
- Please use separate and clean utensils, prep surfaces, and equipment when preparing my food

## FOOD ALLERGY ALERT CARD

Hello! I have life-threatening food allergies.

I AM ALLERGIC TO:

Anaphylaxis is a severe, life-threatening reaction that could happen seconds or minutes after exposure.!

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3. Tape the non-folded edges together to finish your card

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