



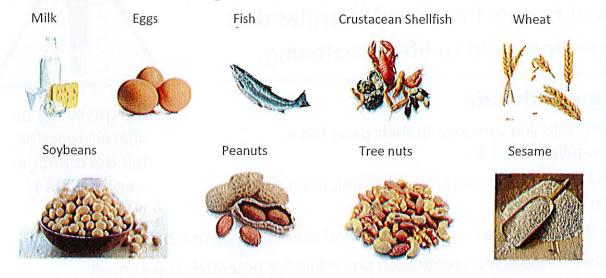
#### **BRISTOL-BURLINGTON HEALTH DISTRICT**

240 Stafford Avenue, Bristol, Connecticut 06010-4617 Tel. (860) 584-7682 • Fax (860) 584-3814 • www.bbhd.org



# **Food Allergy Awareness**

### The Nine Major Food Allergens:



# Symptoms of Food Allergies (Allergic Reactions):

- Hives
- Flushed skin or rash
- Tingling or itchy sensation in the mouth
- Face, tongue, or lip swelling
- Vomiting and/or diarrhea
- Abdominal cramps

- Coughing or wheezing
- Dizziness and/or lightheadedness
- ❖ Swelling of the throat & vocal cords
- Difficulty breathing
- Loss of consciousness

# Serving Customers with Food Allergies:

- Refer the food allergy concern to the Person in Charge (PIC).
- Inform the guest how each dish is made. Make sure to check the ingredient labels.
- Check the food preparation procedures for any possible cross contamination.
- ❖ If a food item is returned to the kitchen due to an allergen, do NOT attempt to remove the allergen and send it back to the table.
- Hand deliver the meal to the guest separate from other food.

## What to Do If a Guest Has an Allergic Reaction:

- ❖ Call 911
- Notify the Person in Charge