



Public Health
Prevent. Promote. Protect.



BRISTOL-BURLINGTON HEALTH DISTRICT

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Healthy People



Healthy Communities

Food Allergy Awareness

The Nine Major Food Allergens:

Milk



Eggs



Fish



Crustacean Shellfish



Wheat



Soybeans



Peanuts



Tree nuts



Sesame



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