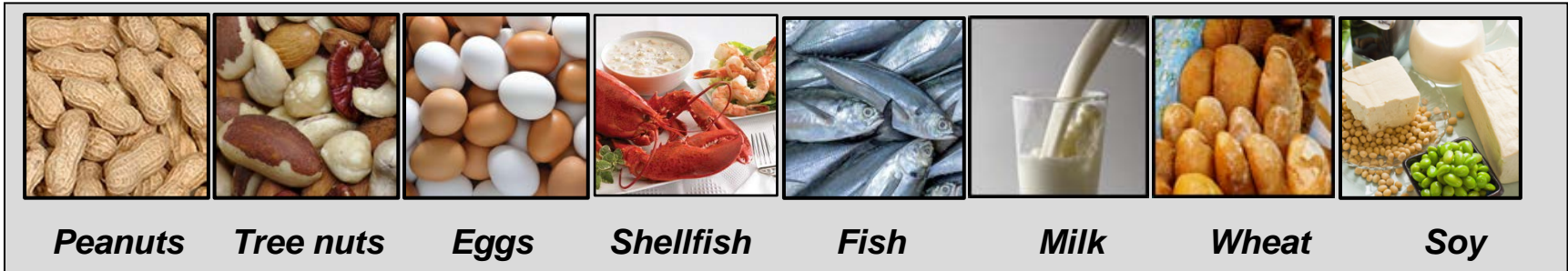


Food Allergies



Millions of people have food allergies that can induce reactions ranging from mild to life-threatening.



*** Always let the guest make their own informed decision.**

When a guest informs you that someone in their party has a food allergy, follow the four R's:

- the server **Refers** the food allergy concern to the person in charge
- the person in charge **Reviews** the food allergy with the customer and checks ingredient labels
- the person in charge should **Remember** to check the preparation procedure for potential cross-contact
- the person in charge **Responds** to the customer and informs them of their findings

Remember: Sources of Cross-Contact include

- Cooking, oils, splatter, and steam from cooking foods
- Allergen-containing foods touching or coming into contact with allergen-free foods (e.g., a nut-containing muffin touching a nut-free muffin)

Remember: Any food equipment used for processing allergen-free foods must be thoroughly cleaned and sanitized prior to use

- All utensils (e.g., spoons, knives, spatulas, cutting boards, pots, food pans, prep surfaces)
- Fryers and grills
- Wash hands and change gloves after handling potential food allergens

Recognize and Respond to Anaphylaxis

Signs of Suspected or Active Allergic Reaction

Symptoms:

LUNGS: Short of breath, wheezing, cough
HEART: Pale, blue, faint, weak pulse, dizzy
THROAT: Tight, hoarse, trouble breathing/swallowing
FACIAL: Swelling of tongue, lips, face
SKIN: Hives, redness, itchy

GUT: Nausea, vomiting, diarrhea
NOSE: Itchy/runny nose, sneezing
OTHER: Feeling something bad is about to happen, anxiety, confusion

Call 911 for a suspected or active food allergy reaction

Adapted from Food Allergy Research & Education's Cross Contact and Keep Your Guests Safe posters

<https://www.foodallergy.org/>



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