

»» Food Allergies

What you need to know

Millions of people have food allergies that can range from mild to life-threatening.



If a guest has an allergic reaction, tell the manager and call 911!

Let the guest decide

When a guest tells you someone in their party has a food allergy, follow the 4 Rs:

- **Refer** the food allergy concern to the chef, manager, or person in charge
- **Review** the food allergy with the guest and check ingredient labels
- **Remember** to check the preparation procedure for potential cross-contact
- **Respond** to the guest and tell them what you found out

Avoid cross-contact

Cross-contact sources include cooking oils, splatter, and steam from cooking foods.

When these items come in contact with food allergens, wash them thoroughly in hot, soapy water:

- All utensils (spoons, knives, spatulas, tongs, etc.)
- Sheets pans, pots, pans
- Fryers and grills

Most common food allergens



Peanuts



Tree nuts



Fish



Shellfish



Eggs



Milk



Wheat



Soy



Sesame



Rhode Island Department of Health, Center for Food Protection
For more information, call 401-222-2750

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»» Food Allergy Reactions

How to recognize and respond to suspected or active food allergy reactions (anaphylaxis)

For one or more of these severe symptoms:



Lung

Short of breath, wheezing, repetitive cough



Heart

Pale, blue, faint, weak pulse, dizzy



Throat

Tight, hoarse, trouble breathing or swallowing



Mouth

Significant swelling of the tongue, lips



Skin

Many hives over body, widespread redness



Gut

Repetitive vomiting, severe diarrhea



Other

Feeling something bad is about to happen, anxiety, confusion

1 Call 911

Ask for an ambulance with epinephrine

2 Lay the person flat with raised legs

If they are vomiting or having trouble breathing, let them sit up or lie on their side.

3 Next steps

Transport to Emergency Room (ER). The person should stay in the ER for 4 hours because symptoms may return.

These are mild symptoms of an allergic reaction:



Nose

Itchy or runny nose, sneezing



Mouth

Itchy mouth



Skin

A few hives, mild itch



Gut

Mild nausea or discomfort

