

# ALLERGEN AWARENESS FOR FOOD WORKERS



Even a small amount of an allergen can cause a life-threatening reaction. Workers must know the major food allergens, symptoms of an allergic reaction, and how to communicate about allergens used in the establishment.

## Know the MAJOR ALLERGENS

These nine foods are the most common allergens, but people can be allergic to others.



Fish



Crustacean Shellfish



Wheat



Eggs



Milk



Peanuts



Tree Nuts



Sesame



Soybeans

## Know the SYMPTOMS of allergic reactions

- Difficulty breathing, cough, wheezing
- Swelling of the tongue, lips, or face
- Dizziness, paleness, or confusion
- Itchy nose, mouth, or face
- Nausea, vomiting, diarrhea

## Know what to do for ANAPHYLAXIS (life-threatening allergic reaction)

### Immediately Call 911

- Request ambulance with epinephrine
- Have the individual take their medications such as epinephrine, antihistamines, or inhaler

## Know what to ASK and WHO TO TELL

Talk with customers to understand their food allergy and carefully share the information with the manager or designated kitchen staff.

## Know how to prevent CROSS CONTACT

Food allergens can transfer when foods, surfaces, and utensils touch. Allergens do not go away when cooked.

## Wash with soap and water - allergens don't wipe off

Wash hands with soap and water and change gloves before preparing food. Always clean and sanitize surfaces between menu items.

## Wash all surfaces to remove allergens:



Wash with warm, soapy water



Rinse with clean water



Sanitize & air dry

## Prevent Splatters

Keep cooking steam, flour dust, and crumbs from touching food.

## Separate Ingredients

Change cooking liquids and oils to ensure ingredients haven't been mixed with allergens.

## Correct Errors

If a mistake is made, remake foods instead of just removing the allergen from the plate.

## Offer Substitute

Inform customer if unable to meet their request.