

# FOOD ALLERGENS

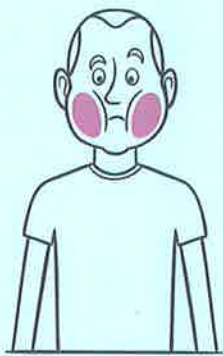
## THE BIG 9



## SYMPTOMS

## of Allergic Reactions

A food allergy is an immune system response to a particular food. Symptoms may include:



**SWELLING FACE**



**NAUSEA OR VOMITING**



**HIVES OR ECZEMA**



**TROUBLE BREATHING**



**DIZZINESS**

## SAFETY TIPS

Avoid cross contact with allergens



Follow recipes and menus exactly

Wash and sanitize all food contact surfaces before starting to prepare a new item

Do not use the same utensil or glove to serve foods with Big 9 allergens and other foods

Do not make substitutions without authorization

Support guest requests, and be sure you're right.

Refer questions or requests about food ingredients to your supervisor.

NORTHERN NEVADA

# Public Health

Serving Reno, Sparks & Washoe County