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🚫 THE NUMBER OF CHILDREN WITH POTENTIAL FATAL PEANUT ALLERGIES HAS DOUBLED BETWEEN 1997 TO 2000.

🚫 150 CHILDREN DIE FROM FOOD INDUCED ANAPHYLAXIS EVERY YEAR.

🚫 MOST NUT EXPOSURES ARE ACCIDENTAL.

🚫 KNOWING WHAT NUT ALLERGY IS CAN SAVE A LIFE.

🚫 A PEANUT OR NUT ALLERGY HAS THE POTENTIAL TO BE LIFE THREATENING AND EVERY MINUTE AND SECOND COUNTS.

🚫 SYMPTOMS OF ANAPHYLAXIS

difficulty in breathing

swollen lip

drop of blood pressure (can lead to dizziness and nausea and flushed discolored skin)

vomiting

diarrhea

severe abdominal cramps

LESS COMMON SYMPTOMS OF ANAPHYLAXIS

a metallic taste in the mouth

itchy skin

Urge to faint and/or lose consciousness

🚫 HOW TO USE AN EPIPEN PROPERLY IS THE MOST IMPORTANT THING YOU CAN DO SO YOU KNOW HOW TO REACT IN CASE OF EMERGENCY.

🚫 TEACHING OTHERS AROUND YOU HOW TO USE AN EPIPEN IS VERY IMPORTANT.

🚫 JUST THE ABSENCE OF NUTS IN FOOD DOES NOT MAKE A PRODUCT NUT FREE.

For example, just because a cookie does not have a nut in it, does not make it nut safe. the entire bakery must be nut free.

🚫 **WATCH OUT FOR THESE FOODS THAT CONTAIN, OR HAVE TRACES OF PEANUT/NUTS - IT'S VERY IMPORTANT TO READ ALL LABELS**

ice cream

hamburger/hot dog buns

granola bars

bath oils

suntan lotion

cereals

trail mixes

pet food

shampoo and soaps

muesli

bread

pesto

makeup

🚫 RAISE AWARENESS! IT HELPS EVERYONE. WEAR A T-SHIRT OR A BRACELET.

🚫 IT'S GREAT TO TAKE YOUR OWN BAKED GOODS TO PARTIES FOR YOUR CHILDREN SO THEY ARE NOT DISAPPOINTED AND REMAIN SAFE.

🚫 INSPIRE OTHERS TO UNDERSTAND WHAT IT MEANS TO LIVE WITH A NUT ALLERGY...IT'S NOT AS DIFFICULT AS YOU MIGHT BELIEVE.

STAY SAFE AND SHARE THIS PAGE AND THE NUTTY VIDEO!