

Living with Food Allergies

Food allergies affect about 4% of adults and 7% of children under 4 years old. The only cure for a food allergy is to avoid that food. If you have an unpleasant reaction to food, see your doctor to find out what's causing the problem. Your doctor can help you prepare for an emergency in case you eat the wrong food by accident.

Watch out for these dangerous allergy symptoms and call for help if you see or feel them:

- Difficulty breathing
- Drop in blood pressure
- Rapid heartbeat
- Swollen tongue, throat, or other parts of the body
- Narrowing of the airways and wheezing
- Fainting



8 Main Food Allergens

Always call 911 in an emergency situation. For less urgent problems, call a nurse any time of day at the **24/7 Nurseline**: 1-888-315-9473.*

**The 24/7 Nurseline is available to all UT SELECT Medical Plan members, free of charge: Employees, dependents, retirees, surviving spouses, and COBRA participants.*