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## Peanut Allergy

Peanuts are one of the most common food allergies. They are part of the legume family, as are soybeans, peas, beans and licorice. The most important thing to do with a peanut allergy or any other type of food allergy is avoidance. You must also carry an Epi-Pen with you at all times. This must be used if you develop symptoms of anaphylaxis which include:

1. Hives
2. Wheezing
3. Swelling of the mouth or throat
4. Hypotension (low blood pressure)

Should you develop any of the above symptoms after eating you must use your Epi-Pen and go directly to the nearest Emergency Room. The Epi-Pen will only last for 20 minutes, therefore if you are further than 20 minutes from an emergency facility we recommend that you have more than one Epi-Pen with you.

Avoidance of peanuts can be very difficult therefore we have listed a few things that you can do in order for you to avoid peanuts:

1. Read labels carefully - Some manufacturers will note that even though the product does not contain peanuts, it may have been processed in a machine that was used to process a food containing peanuts.
2. When you go out to dinner be sure to notify your server that you have a peanut allergy and that it could be deadly if you were served even a trace amount of peanuts.
3. Avoid peanut oil
4. Wear a Medic-Alert bracelet or necklace in case you are unable to speak during the reaction. For more info contact Medic-Alert @ 1-800-432-5378.

Listed below are common products that contain hidden sources of peanuts:

• Marzipan	• Chili
• Egg rolls	• Candy
• Baked goods	• Chinese & Thai dishes

For more information on peanut allergies, visit the following web sites:

[www.peanutallergy.com](http://www.peanutallergy.com)

[www.foodallergynetwork.org](http://www.foodallergynetwork.org)

[www.nuttinwithnuts.com](http://www.nuttinwithnuts.com)

Sources:

“Watch Your Peanut Butter”, Article, Allergy and Asthma Network/Mothers of Asthmatics, Inc. (AAN/M A)

“Allergies that Kill”, Article, Johns Hopkins Physician Update