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Shellfish Allergy

Shellfish is a common allergy. The most important thing you can do when you suffer from this type of allergy is to avoid exposure to it. Avoidance can be difficult and frustrating but is necessary to successfully treat your shellfish allergy. We have listed a few things you can do to avoid shellfish exposure:

1. READ LABELS CAREFULLY!!!!
2. Notify necessary people of your allergy (family, co-workers, doctors and hospital staff, school staff and restaurant personnel).
3. Wear a Medic Alert Bracelet (call 1-800-432-5378 for more details).
4. Be aware that a reaction may occur from simply smelling cooking odors or handling fish.
5. Be aware that restaurant food may be cross contaminated with fish or shellfish during handling and cooking.

Be sure to carry an Epi-Pen with you at all times if so advised by your doctor. If anaphylaxis occurs you must use your Epi-Pen and go to the nearest Emergency Room. Remember the Epi-Pen will only last 20 minutes, therefore if you are further than 20 minutes from an Emergency Room you must notify your doctor so he can recommend carrying another Epi-Pen with you.

Major categories to avoid:

1. Shellfish any style (fresh, frozen, canned, smoked, pickled, oils)
2. Vitamins with fish concentrates
3. Stews and broths, soups, salads, caviar, roe, bisques and hors d'oeuvres
4. Avoid licking labels which often contain a fish glue adhesive.