

FOOD ALLERGY SYMPTOMS

The symptoms of a food allergy almost always develop a few minutes or even seconds after eating the food. Would you recognise the symptoms?

Mild symptoms:

- ❗ Hives (Red, swollen or itchy areas on the skin)
- ❗ Eczema (A persistent dry, itchy rash)
- ❗ Redness of the skin or around the eyes
- ❗ Itchy mouth or ear canal
- ❗ Nausea or vomiting
- ❗ Diarrhoea
- ❗ Stomach pain
- ❗ Nasal congestion or a runny nose
- ❗ Sneezing
- ❗ Slight, dry cough
- ❗ Odd taste in mouth
- ❗ Uterine contractions

Severe symptoms:

- ❗ Obstructive Swelling of the lips, tongue and/or throat
- ❗ Trouble Swallowing
- ❗ Shortness of breath or wheezing
- ❗ Turning Blue
- ❗ Drop in blood pressure (Feeling faint, confused, passing out)
- ❗ Loss of consciousness
- ❗ Chest Pain
- ❗ A weak or 'thread' pulse

