TOLERATING FOOD INTOLERANCES
Seven Keys to Staying Safe with Food Allergies

Tell —
Your supervisor and co-workers you have a food allergy

Ask for help —
Ask to be alerted when shared foods contain allergens

Share —
Show colleagues where your epinephrine is and how to administer it

Be Vigilant —
When storing your food in a communal area

Check Ingredients —
When offered food colleagues are sharing

Teach —
Let co-workers know how to recognize a reaction

Be Specific —
List the foods that cause reactions

Make sure you have a supply of epinephrine
Mere contact with allergens can trigger a reaction
Share details of your reactions … are they typically mild or life threatening?
If you or someone near you is having an allergic reaction, act fast
Hang a notice of triggers and what to do at your work station
Don’t let anyone in the workplace put a colleague at risk

Food allergies affect up to 15 million people in the United States

For more information on this and other safety topics, please log on to the member-exclusive website at nsc.org.