

# The usual suspects.



peanut



mussel



almond



prawn

## Be allergy aware

### Why bother?

Food allergies can kill.

Some people can die from eating **nuts (especially peanuts), seeds and shellfish.**

These people need to be very careful about what they eat.

### What to do

If you are asked by a customer, you must:  
Tell them – exactly – what is in your food.  
If you don't know, **don't guess** – find out!

### Remember!

Even tiny traces of these foods can kill.

Think before using nut and seed oils, salad dressings and seafood sauces.

Don't let nuts, seeds and shellfish touch food that doesn't contain these ingredients.

Clean your hands, work surfaces and utensils after handling nuts, shellfish or seeds.

Think before cooking with oils that have been used to cook other foods.

If you think your customer is having an allergic reaction:

### Call 999

– ask for an ambulance straight away!

Say your customer could have anaphylaxis – 'anna-fill-axis'.

Stay with your customer until help arrives.

### [www.food.gov.uk](http://www.food.gov.uk)

You can get further copies of this poster and a booklet about food allergy by contacting the Food Standards Agency on

Orderline: 0845 6060667  
Minicom: 0845 6060678  
Fax: 020 8867 3225  
Email: [foodstandards@eclogistics.co.uk](mailto:foodstandards@eclogistics.co.uk)



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