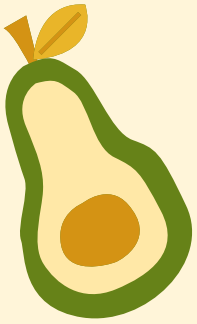


9 COMMON FOOD ALLERGIES

@medly



A food allergy is when the immune system reacts after someone eats a particular food. Sometimes, food allergies can become very serious and cause a life-threatening reaction called anaphylaxis.

During anaphylaxis, the immune system releases large amounts of chemicals that can send the body into shock. This can cause blood pressure to drop suddenly and the airways to tighten, making it hard to breathe. Without quick treatment using epinephrine and follow-up care at a hospital, it can cause death.

MILK

Symptoms:

- Hives
- Wheezing
- Itching or tingling feeling around the lips or mouth
- Swelling of the lips, tongue, or throat
- Coughing or shortness of breath
- Vomiting
- Anaphylaxis



EGGS

Symptoms:

- Skin swelling or itchy bumps called hives
- Stuffy or runny nose and sneezing, also known as allergic rhinitis
- Digestive symptoms such as cramps, upset stomach, and vomiting
- Asthma symptoms such as coughing, wheezing, chest tightness, or shortness of breath
- Anaphylaxis



WHEAT

Symptoms:

- Swelling, itching, or irritation of the mouth or throat
- Hives, itchy rash, or swelling of the skin
- Nasal congestion
- Headache
- Trouble breathing
- Cramps, nausea, or vomiting
- Diarrhea
- Anaphylaxis



SESAME

Symptoms:

- Hives, rashes, redness, or swelling
- Tingling, itching, or swelling of the lips and tongue
- Nasal congestion, coughing, wheezing, or difficulty breathing
- Nausea, vomiting, diarrhea, or abdominal cramps
- Anaphylaxis



PEANUTS

Symptoms:

- Skin reactions, such as hives, redness, or swelling
- Itching or tingling in or around the mouth and throat
- Digestive problems, such as diarrhea, stomach cramps, nausea, or vomiting
- Tightening of the throat
- Shortness of breath or wheezing
- Runny nose
- Anaphylaxis



TREE NUTS

Symptoms:

- Skin reactions: hives, rash, itching, or flushing
- Digestive issues like vomiting, diarrhea, or belly pain
- Swelling of your face, lips, mouth, or tongue
- Itchy mouth and throat
- Difficulty swallowing
- Wheezing
- Shortness of breath or difficulty breathing
- Lightheadedness or loss of consciousness
- Runny nose or sneezing
- Anaphylaxis



SOY

Symptoms:

- Hives
- Stomach cramps
- Indigestion
- Nausea and vomiting
- Diarrhea
- Tightness in your throat
- Cough
- Itching
- Eczema
- Anaphylaxis



FISH

Symptoms:

- Hives or a skin rash
- Nausea, stomach cramps, indigestion, vomiting and/or diarrhea
- Stuffy or runny nose and/or sneezing
- Headaches
- Asthma symptoms
- Anaphylaxis



SHELLFISH

Symptoms:

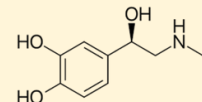
- Hives
- Itchy, irritated skin
- Nasal stuffiness (congestion)
- Swelling of the lips, face, tongue, & throat, or other parts of the body
- Wheezing or trouble breathing
- Coughing, choking, or a tight feeling in the throat
- Belly (abdominal) pain, diarrhea, nausea, or vomiting
- Dizziness, lightheadedness, or fainting
- Anaphylaxis



WHAT IS EPINEPHRINE?

Epinephrine (also called adrenaline) is both a natural hormone and a life-saving emergency medication used to treat severe, life-threatening allergic reactions (anaphylaxis).

An EpiPen is a brand-name auto-injector that delivers a measured dose of epinephrine.



9 ALERGIAS ALIMENTARIAS COMUNES

Una alergia alimentaria ocurre cuando el sistema inmunitario reacciona después de que alguien consume un alimento en particular. A veces, las alergias alimentarias pueden volverse muy graves y causar una reacción potencialmente mortal llamada anafilaxia.

Durante la anafilaxia, el sistema inmunitario libera grandes cantidades de sustancias químicas que pueden llevar al cuerpo a un estado de shock. Esto puede hacer que la presión arterial baje repentinamente y que las vías respiratorias se estrechen, lo que dificulta la respiración. Sin un tratamiento rápido con epinefrina (adrenalina) y atención hospitalaria de seguimiento, puede causar la muerte.

LECHE

Síntomas:

- Urticaria
- Sibilancias
- Hinchazón
- Dificultad para respirar
- Vómitos
- Anafilaxia



HUEVOS

Síntomas:

- Aparición de ronchas con picazón
- Rinitis alérgica: Nariz tapada, goteo nasal y estornudos
- Cólicos, malestar estomacal y vómitos
- Síntomas de asma: Tos, sibilancias, opresión en el pecho o falta de aire
- Anafilaxia



TRIGO

Síntomas:

- Alteraciones en boca o garganta: Hinchazón, picazón o irritación.
- Reacciones en la piel: Urticaria, sarpullido con picazón o hinchazón.
- Congestión nasal: Nariz tapada.
- Dolor de cabeza: Cefalea.
- Dificultad para respirar: Falta de aire.
- Malestar estomacal: Cólicos, náuseas o vómitos.
- Diarrea: Deposiciones líquidas y frecuentes.
- Anafilaxia



AJONJOLÍ

Síntomas:

- Piel: Ronchas, sarpullido, enrojecimiento o hinchazón
- Boca: Hormigueo, picazón o inflamación en labios y lengua
- Respiración: Nariz tapada, tos, silbidos o dificultad para respirar
- Estómago: Náuseas, vómitos, diarrea o cólicos
- Anafilaxia



MANÍ/CACAHUATES

Síntomas:

- Piel: Ronchas, enrojecimiento o hinchazón
- Boca y garganta: Picazón o cosquilleo
- Estómago: Diarrea, cólicos, náuseas o vómitos
- Garganta: Sensación de opresión o cierre
- Respiración: Falta de aire o silbidos
- Nariz: Goteo o flujo nasal
- Anafilaxia



NUECES DE ÁRBOL

Síntomas:

- Piel: Ronchas, sarpullido, picazón o enrojecimiento.
- Estómago: Vómitos, diarrea o dolor de panza.
- Hinchazón: En la cara, labios, boca o lengua.
- Boca y garganta: Picazón o dificultad para tragar.
- Respiración: Silbidos, falta de aire o dificultad para respirar.
- Cuerpo: Mareos o pérdida del conocimiento.
- Nariz: Goteo nasal o estornudos.
- Anafilaxia



SOYA

Síntomas:

- Piel: Ronchas, picazón o eccema
- Estómago: Cólicos, indigestión, náuseas, vómitos o diarrea
- Garganta: Sensación de opresión o cierre
- Respiración: Tos o falta de aire
- Anafilaxia



PESCADO

Síntomas:

- Piel: Ronchas o sarpullido
- Estómago: Náuseas, cólicos, indigestión, vómitos o diarrea
- Nariz: Nariz tapada, goteo nasal o estornudos
- Cabeza: Dolor de cabeza
- Respiración: Síntomas de asma (tos o falta de aire)
- Anafilaxia



MARISCOS

Síntomas:

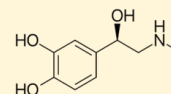
- Piel: Ronchas o picazón e irritación cutánea
- Nariz: Nariz tapada (congestión nasal)
- Hinchazón: En labios, cara, lengua, garganta u otras partes del cuerpo
- Respiración: Silbidos al respirar o dificultad para respirar
- Garganta: Tos, sensación de ahogo o presión en la garganta
- Estómago: Dolor de panza (abdominal), diarrea, náuseas o vómitos
- Cuerpo: Mareos, debilidad o desmayos
- Anafilaxia



¿QUÉ ES LA EPINEFRINA?

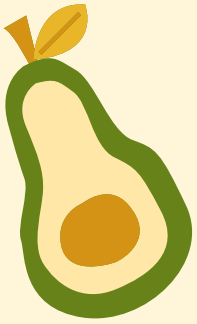
La epinefrina (también llamada adrenalina) es tanto una hormona natural como un medicamento de emergencia de vital importancia utilizado para tratar reacciones alérgicas graves y potencialmente mortales (anafilaxia).

Un EpiPen es una marca comercial de un autoinyector que administra una dosis medida de epinefrina.



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- Nasal congestion, coughing, wheezing, or difficulty breathing
- Nausea, vomiting, diarrhea, or abdominal cramps
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PEANUTS

Symptoms:

- Skin reactions, such as hives, redness, or swelling
- Itching or tingling in or around the mouth and throat
- Digestive problems, such as diarrhea, stomach cramps, nausea, or vomiting
- Tightening of the throat
- Shortness of breath or wheezing
- Runny nose
- Anaphylaxis



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Symptoms:

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- Digestive issues like vomiting, diarrhea, or belly pain
- Swelling of your face, lips, mouth, or tongue
- Itchy mouth and throat
- Difficulty swallowing
- Wheezing
- Shortness of breath or difficulty breathing
- Lightheadedness or loss of consciousness
- Runny nose or sneezing
- Anaphylaxis



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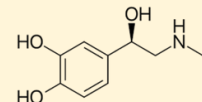
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9 种常见食物过敏

食物过敏是指人体免疫系统在食用某种特定食物后产生的反应。有时，食物过敏会变得非常严重，甚至引发危及生命的过敏反应，称为过敏性休克。

过敏性休克发生时，免疫系统会释放大量化学物质，导致身体休克。这会导致血压骤降，气道收缩，使呼吸困难。若不及时使用肾上腺素进行治疗，并在医院接受后续治疗，则可能导致死亡。

牛奶

症状：

- 荨麻疹
- 喘息
- 嘴唇或口腔周围瘙痒或刺痛感
- 嘴唇、舌头或喉咙肿胀
- 咳嗽或呼吸急促
- 呕吐
- 过敏性休克



鸡蛋

症状：

- 皮肤肿胀或出现瘙痒的肿块，称为荨麻疹
- 鼻塞或流鼻涕、打喷嚏，也称为过敏性鼻炎
- 消化系统症状，例如痉挛、胃部不适和呕吐
- 哮喘症状，例如咳嗽、喘息、胸闷或呼吸急促
- 过敏性休克



小麦

症状：

- 口腔或咽喉肿胀、瘙痒或刺激
- 荨麻疹、瘙痒性皮炎或皮肤肿胀
- 鼻塞
- 头痛
- 呼吸困难
- 痉挛、恶心或呕吐
- 腹泻
- 过敏性休克



芝麻

症状：

- 荨麻疹、皮疹、发红或肿胀
- 嘴唇和舌头刺痛、瘙痒或肿胀
- 鼻塞、咳嗽、喘息或呼吸困难
- 恶心、呕吐、腹泻或腹部绞痛
- 过敏性休克



花生

症状：

- 皮肤反应，例如荨麻疹、发红或肿胀
- 口腔和咽喉周围瘙痒或刺痛
- 消化问题，例如腹泻、胃痉挛、恶心或呕吐
- 咽喉紧缩感
- 呼吸急促或喘息
- 流鼻涕
- 过敏性休克



树坚果

症状：

- 皮肤反应：荨麻疹、皮疹、瘙痒或潮红
- 消化系统问题，例如呕吐、腹泻或腹痛
- 面部、嘴唇、口腔或舌头肿胀
- 口腔和咽喉瘙痒
- 吞咽困难
- 喘息
- 呼吸急促或呼吸困难
- 头晕或意识丧失
- 流鼻涕或打喷嚏
- 过敏性休克



黄豆

症状：

- 荨麻疹
- 胃痉挛
- 消化不良
- 恶心呕吐
- 腹泻
- 咽喉紧缩感
- 咳嗽
- 瘙痒
- 湿疹
- 过敏性休克



鱼

症状：

- 荨麻疹或皮疹
- 恶心、胃痉挛、消化不良、呕吐和/或腹泻
- 鼻塞或流鼻涕和/或打喷嚏
- 头痛
- 哮喘症状
- 过敏性休克



贝类

症状：

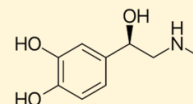
- 荨麻疹
- 皮肤瘙痒、发炎
- 鼻塞
- 嘴唇、面部、舌头、喉咙或其他部位肿胀
- 喘息或呼吸困难
- 咳嗽、呛咳或喉咙紧绷感
- 腹痛、腹泻、恶心或呕吐
- 头晕、头昏、眼花、或昏厥
- 过敏性休克



肾上腺素是什么？

肾上腺素（也称肾上腺素）既是一种天然激素，也是一种救命的急救药物，用于治疗严重的、危及生命的过敏反应（过敏性休克）。

EpiPen 是一种品牌自动注射器，可以注射定量的肾上腺素。



HOW TO PLAY

- Read each statement in a box.
- If the statement is TRUE based on the flyer, cross it out.
- Get 5 in a row (across, down, or diagonal) to win!

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宾果游戏规则

- 阅读方框中的每句话。
- 如果根据传单内容，这句话是正确的，请将其划掉。
- 连成 5 个（横向、纵向或对角线）即可获胜！

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CÓMO JUGAR AL

- Read each statement in a box.
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- Get 5 in a row (across, down, or diagonal) to win!

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