

# Important facts about food allergies

## THE PREVALENCE OF FOOD ALLERGIES IN CANADA

About  
**2.5 million**  
**Canadians**  
self-report a food allergy.



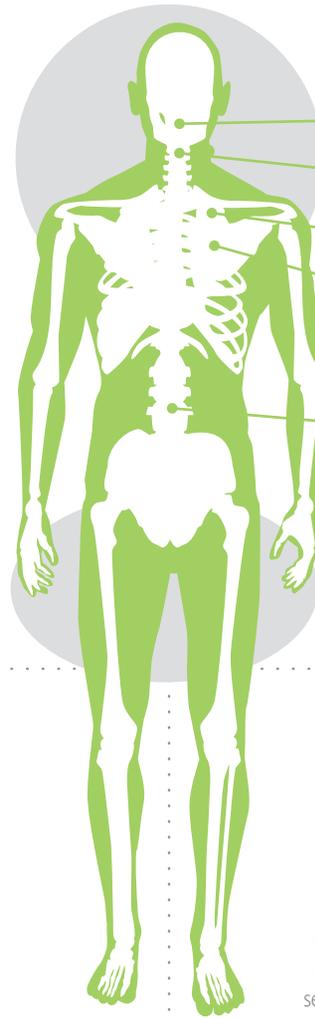
**3-4%**  
of adults have  
physician-diagnosed food allergies

**5-6%**  
of young children have  
physician-diagnosed food allergies



## SIGNS AND SYMPTOMS OF A SEVERE ALLERGIC REACTION

Symptoms of a severe allergic reaction can occur within *minutes or several hours* after exposure to an allergy trigger.



- Mouth**  
Itching, swelling of the lips and/or tongue
- Throat\***  
Itching, tightness, closure, hoarseness
- Lung\***  
Shortness of breath, cough, wheeze
- Heart\***  
Weak pulse, dizziness, passing out (due to low blood pressure)
- Skin**  
Itching, hives, redness, swelling
- Gut**  
Vomiting, diarrhea, cramps

The severity of previous anaphylactic reactions does not determine the severity of future reactions, which could be the same, better, or worse.

Note: The EpiPen® Auto-Injector is not indicated to prevent death associated with anaphylaxis. Because anaphylaxis is a generalized reaction, a wide variety of clinical signs and symptoms may be observed.

\* Some symptoms can be life-threatening.

## THE TOP 10 FOOD ALLERGENS



## KNOW WHAT TO DO

 +  
**Administer**  
epinephrine, the  
medicine in EpiPen®,  
at the first signs of a  
severe allergic reaction

  
**Call**  
911 or your local  
emergency number

ONLY IF REQUIRED



**Repeat**

Give a second dose of epinephrine after 5-15 minutes if the reaction continues or gets worse. Do not inject more than 2 injections right after each other.

 **PREVENTION**

Avoiding your allergen is the only effective way to prevent anaphylactic reactions.

 **IMPORTANT**

Even if you have sought medical help, you must stay within close proximity to a hospital or where you can easily call 911 for the next 48 hours.

EpiPen® and EpiPen Jr® (epinephrine) Auto-Injectors are indicated for the emergency treatment of anaphylactic reactions in patients who are determined to be at increased risk for anaphylaxis, including individuals with a history of anaphylactic reactions. Selection of the appropriate dosage strength is determined according to patient body weight.

EpiPen® and EpiPen Jr® Auto-Injectors are designed as emergency supportive therapy only. They are not a replacement for subsequent medical or hospital care. After administration, patients should seek medical attention immediately or go to the emergency room. For the next 48 hours, patients must stay within close proximity to a healthcare facility or where they can call 911. To ensure this product is right for you, always read and follow the label. Please consult the Consumer Information leaflet in your product package for warnings and precautions, side effects, and complete dosing and administration instructions.

For more information, visit the consumer site [EpiPen.ca](http://EpiPen.ca)

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