Some kids can get very sick when they eat certain foods. This is called a food allergy. If someone tells you they have a food allergy, you should react with respect.

How do you respect food allergies?

- Know that food allergies are very serious
- Wash your hands after eating
- Don’t share your food with friends who have allergies
- Get help right away if a friend gets sick
- Show kindness

Learn more at foodallergy.org
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