

1 IN 10 CHILDREN IN NZ HAVE A DIAGNOSED FOOD ALLERGY



HERE ARE THREE TOP TIPS TO HELP KEEP YOUR FRIENDS WITH FOOD ALLERGIES SAFE:

1.

Learn about food allergies and how serious they can be



Wash your hands with soapy water after you eat

2.

3.

If a friend or classmate with food allergies feels sick, tell an adult immediately.



LEARN MORE ABOUT FOOD ALLERGIES AT WWW.ALLERGY.ORG.NZ



ALLERGY NZ THANKS FOOD ALLERGY RESEARCH & EDUCATION (FARE) FOR THEIR INTERNATIONAL SUPPORT.