

# PREVENTING ALLERGY EXPOSURE

Exposure to allergens can occur through:

**INGESTING**

**INHALING**

**TOUCHING**

## Common Food Allergies

\*Food that contains ANY of these items may cause an allergic reaction. Anyone with egg allergies must avoid baked goods containing eggs.



## Foods\*

Sesame

Peanuts

Treenuts

Shellfish

Fish

Milk

Eggs

Soy

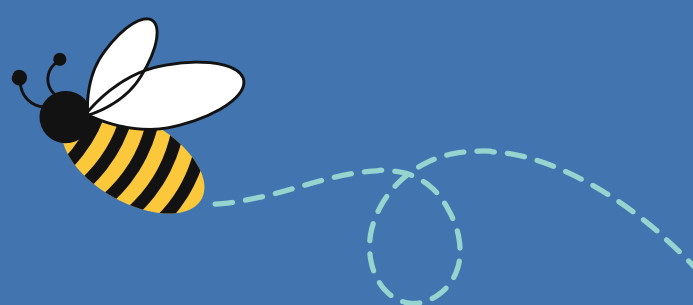
Wheat

## Common Non-Food Allergies

Stinging Insects:  
Honeybees & Yellow Jackets

Latex Items:

- Balloons
- Gloves
- Bandages



- Scratches from animals/dander
- Pollen
- Dust
- Mold/Mildew
- Medication

## Poisonous Plants



Poison Ivy  
Poison Sumac  
Poison Oak

(Research household plants before introducing them into the classroom)

Food is not always listed by the names we know.

For example, you may find milk products listed as:

- Whey
- Lactoglobulin
- Caseinate



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For more information go to <https://www.cdc.gov/healthyschools/foodallergies/>