



# We are Allergy Aware

**Anaphylaxis is a severe and potentially life threatening allergic reaction. We want to do our best to keep those at risk, as safe as possible.**

Being allergy aware means being informed about allergies and their triggers. We aim to create a greater understanding of severe allergy and the risk of anaphylaxis.

Avoidance of the food triggers is the only way to prevent a reaction. It is critical that we implement strategies to prevent allergic reactions and that we are able to recognise an allergic emergency and act when it occurs. We have a duty of care to everyone in our community and the key to managing severe allergy is awareness, avoidance and action.



Food Allergy Canada educates, supports and advocates for the needs of people living with food allergies and the risk of anaphylaxis. We also support and participate in food allergy research.

**For more information:**  
[www.foodallergycanada.ca](http://www.foodallergycanada.ca)

