



**FOR IMMEDIATE RELEASE**

**Contact:**

Susan Krahn, MS, RDN, CD, CLC  
Public Health Nutritionist  
715-839-6941  
[susan.krahn@co.eau-claire.wi.us](mailto:susan.krahn@co.eau-claire.wi.us)

**Food Allergies Reaction Sends Someone to the ER Every 3 Minutes**

*May 8th-13<sup>th</sup> is Food Allergy Awareness Week*

**Eau Claire, WI, May 6<sup>th</sup>, 2016** – The Eau Claire City-County Health Department joins the Food Allergy Research & Education (FARE) to encourage Americans to recognize food allergies as a serious public health issue and medical condition during Food Allergy Awareness Week. The 2016 theme is “Food Allergies: React with Respect.”

Food allergies are a life-threatening illness that affects as many as 15 million Americans. Food allergies are becoming more common in children. One in every 13 children has one or more food allergies - or around two children in every classroom. According to the Centers for Disease Control and Prevention, more than 200,000 ambulatory care visits a year involving children less than 18 years of age are due to food allergies.

Eight foods cause the majority of all food allergy reactions in the U.S.: shellfish, fish, milk, eggs, tree nuts, peanuts, soy, and wheat. There is no cure for food allergy. A food allergy reaction can result in anaphylaxis, which is a severe, whole-body reaction. Symptoms develop quickly, often within seconds or minutes, and may include: hives, vomiting, trouble breathing, swelling of the throat, a sudden drop in blood pressure, shock and death.

“Your friends, family, and co-workers with a food allergy can react severely and quickly when unknowingly eating a food that contains or was in contact with an allergen,” says Susan Krahn, Public Health Nutritionist with the Eau Claire City-County Health Department, and mother of a child with a food allergy.

Next time someone tells you about their food allergies or the allergies of someone they love, “react with respect.” Take a few minutes to learn the facts about food allergies at [www.foodallergy.org](http://www.foodallergy.org). Help spread the message about the seriousness of food allergies with free resources at [www.foodallergyweek.org](http://www.foodallergyweek.org).



###