

I have a **tree nut allergy**. Circle all that apply.



That means when I eat _____,
I feel sick.



If someone offers me _____,
I will say:

"No, I can't have _____
because I am allergic. That food will make
me sick."

If I am having an **allergic reaction**, I may
feel one or more of the following:
(check all that apply)

- Itchy, watery eyes
- Itchy nose, runny nose, or sneezing
- Rashes or hives (a rash with raised red patches)
- Stomachache
- Vomiting
- Tongue swelling, cough, or throat closing
- Wheezing (a whistling sound when you breathe)
- Chest tightness and losing your breath
- Feeling faint or light-headed
- Other: _____

Fold page here to follow along



When I feel sick, I should
tell _____.



_____ can help me feel better.