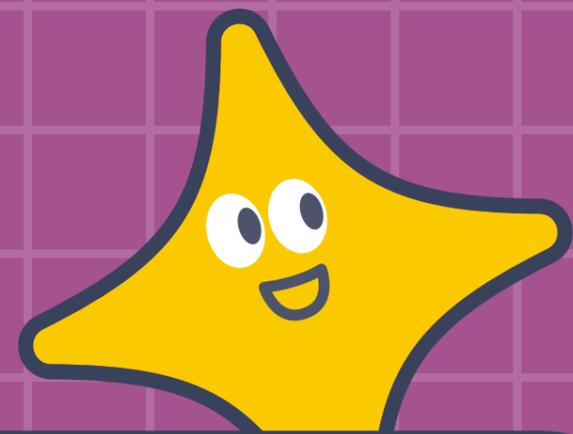
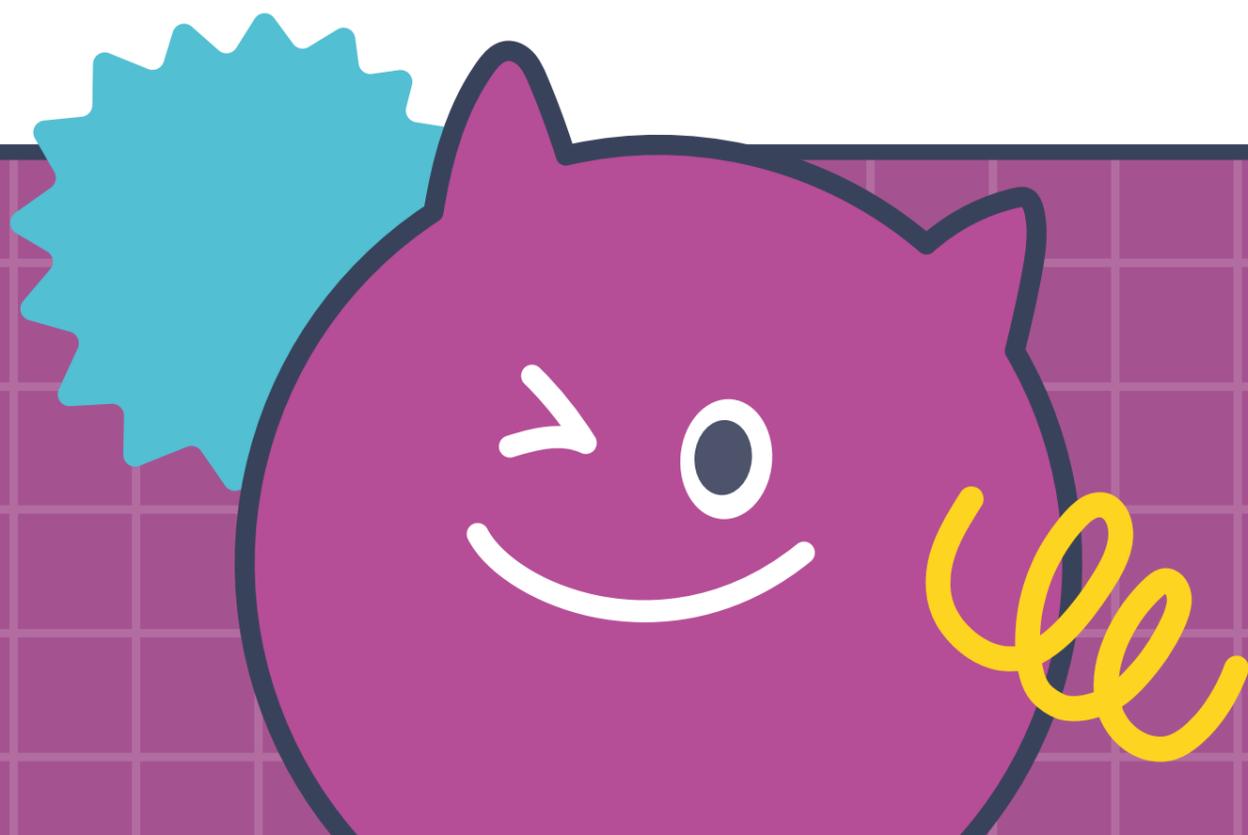


# My Body Free from Allergies ✨



CAMPAIGN TO CREATE A HEALTHY KOREA

**Let's all practice together!  
Food allergy prevention  
and management rules that  
must remember**



Korea Disease Control and  
Prevention Agency

## Q. What is food allergy?

You may suspect a food allergy if after exposure to a certain foods you will have a symptoms such as hives, swelling, itching, abdominal pain, vomiting, diarrhea, coughing, difficulties in breathing, dizziness etc.

## Q. What are the symptoms of food allergies?

After consuming food, side effects that may occur includes food allergies, but there are also food intolerance!

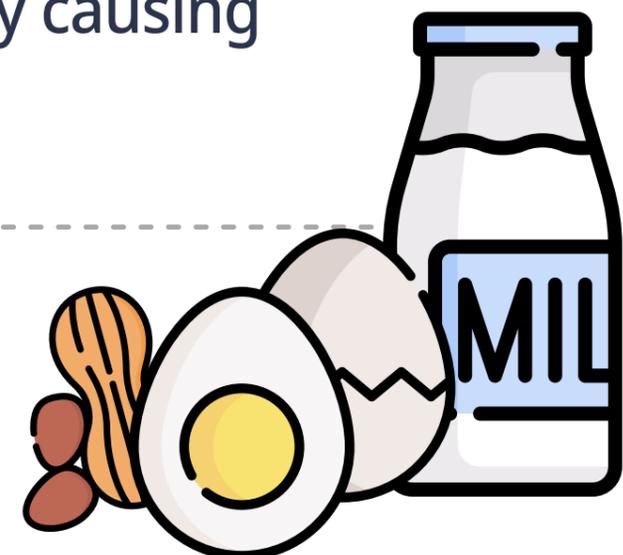
### Food allergy

When our immune system reacts unnecessarily causing an abnormal response.

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### Food intolerance

It occurs due to problems during digestive process



## Q. What causes food allergies?

Food allergies occur in response to some proteins in food. Most proteins in food are broken down during cooking or digestion, but some proteins that are absorbed into the body without being broken down that causes allergies!

## Q. How is food allergy diagnosed?

The most accurate diagnostic method is Food Induced Test. Food induced testing is a method of diagnosis in which a doctor visually confirms the reaction after eating a suspected food being the cause of the allergy.

And it can be said that is more accurate method than blood tests or skin tests.



## Q. Lets find out the prevention and management rules for food allergies!

### 1. Limit the food that causes allergy through a doctor's treatment!

- Always check whether the food contains foods that commonly cross-react with the causative food before consuming it.

\* Cross reaction: Allergic symptoms appear in other foods that contain ingredients similar to the causative food.

- Be careful because symptoms can occur even with a small amount on cooking utensils and tableware.
- Be careful about touching or inhaling the causative food.
- Unnecessary dietary restrictions can harm the growth and development of children and adolescents.

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### 2. Patients with food allergies should carry emergency medicine and learn how to use it in case of sudden symptoms.

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### 3. Regular check-ups and consultations will help to determine whether your food allergies had disappear or new one had develop

- Regular check up are necessary because food allergies may be change according to age.
- Treatment of food allergies varies depending on the type of causative food, severity, and age, be sure to follow doctor's instruction.



# Protect your precious health with correct allergy information

 Search 'Know my body' now

Korea Disease Control and Prevention Agency National Health Information Portal 

Atopic Asthma Education Information Center 

YouTube Don't be sick TV 



Korea Disease Control and Prevention Agency

