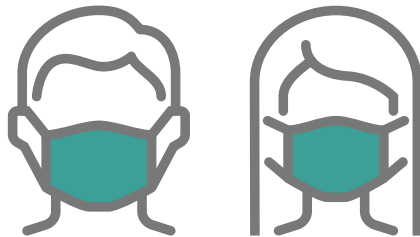


Quarantining with Food Allergies



Life with food allergies got even more complicated when the COVID-19 pandemic hit. We have a few tips on staying safe.

- **Shopping:** Brands you know and trust may be hard to find in your local store. Check online for availability – you may be able to order directly from the manufacturer or from national chains such as Target and Walmart. Look at alternate brands and contact the manufacturers to ask about ingredients and cross-contact so you'll be prepared with a second (and third) choice.
- **Cooking:** You may need to get creative in the kitchen based on the ingredients you are able to find. Make it a family affair and concoct your own spin on allergy-friendly recipes. You can also search online for recipes based on the ingredients you have on-hand. When cooking with new ingredients, be sure to call the manufacturer.
- **Food Ordering Apps:** Ordering food delivery is a great alternative to eating out, but it can heighten anxiety for food-allergic customers. When ordering from a food delivery service (such as GrubHub, Uber Eats, or Door Dash), add a "Note" in the order about food allergies. Be very clear and specific. Follow up by calling the restaurant to confirm the order, that they read your food allergy note, and that it was communicated to the kitchen staff.
- **Body and Face Care:** There may be hidden ingredients in beauty products. Take regular precautions when trying a new lotion, shampoo, body wash, face wash, etc.
- **Pet Food:** If you are not able to purchase trusted brands, consider calling the manufacturer of alternative brands to ensure products don't include your allergens and that there is no risk of cross-contact with your allergens. Another option is to set up an auto-delivery from the pet supply store, which may give you a better chance of receiving the brand you want.

Staying safe at home with food allergies may take more work right now, but we're here to help. Share your tips with other food allergy families on our social media channels: Facebook, Twitter, Instagram, and Pinterest at @FAACTnews.

Disclaimer: Continue to follow the federal and individual state guidelines regarding COVID-19 to ensure optimal safety in your home. Any concerns regarding your medical care, please contact your board-certified allergist.