



# How to help mates who have food allergies



Wash your hands after eating



Always take food allergies seriously



Don't share food with mates who have food allergy



Know what your mates are allergic to



Get help straight away if a mate gets sick (even if they don't want you to)

For more information about allergies:  
1300 728 000  
[allergyfacts.org.au](http://allergyfacts.org.au)



**Allergy & Anaphylaxis Australia**