

Maggie's Health Tips



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Are you Allergic to food?

If you have a food allergy, your immune system accidentally treats something in a food like it's going to hurt you. Milk, eggs, soy, wheat, tree nuts, peanuts, fish, and shellfish are among the most common foods that cause allergies.

When you have a reaction to something you ate, you could feel it in your eyes, nose, throat, lungs, skin or digestive system. A person with a food allergy could have a mild reaction — or it could be really bad and make you pass out or stop breathing.

If you think you may be allergic to a food, let your parents know. They will take you to the doctor to get it checked out.

Many kids outgrow allergies to milk and eggs as they grow older. But severe allergies to foods like peanuts, some kinds of fish, and shrimp sometimes last a lifetime. The best treatment is to avoid that food and any foods or drinks that contain the food.



Food Allergy Word Search

ALLERGIST	S X I B L I H N Z V P T G H R H
EGG	N H L S V G I Z T M A X Y B K Z
EPIPEN	G L E F P I U E R T U N A E P I
FISH	R E M L Z F J Z E R Z A J V W S
MILK	R V Z Z L E S T E R D X S E A L
PEANUT	J S I S O F P P N N D T P O K V
SHELLFISH	E E G Q U O I Y U H X I A L Y C
SOY	A L L E R G I S T V P O I E Q S
TREENUT	T J I J Y X X J H E Z M R D H M
WHEAT	R Z I S O R H X N C C H E G G W
	D T H R R R I G W J H K T V V H
	D K P V N T N K D X G Z H E O S
	Z W W I F W B G D B Q N V T O I
	W Q C Q U P G F C V I F T D Y F
	Q R E S X F L J Z P W K B S L F
	J B F Z G A K D L N C D W O O C

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If you, or someone you're helping, has questions about Magnolia Health, you have the right to get help and information in your language at no cost.

To talk to an interpreter, call 1-866-912-6285 (Relay 711). Magnolia Health provides free aids and services to people with disabilities to communicate effectively with us, such as qualified sign language interpreters and written information in other formats (18 point font or larger print, audio, accessible electronic formats, other formats).

Si usted, o alguien a quien está ayudando, tiene preguntas acerca de Magnolia Health, tiene derecho a obtener ayuda e información en su idioma sin costo alguno. Para hablar con un intérprete, llame al 1-866-912-6285 (Relay 711).

Nếu quý vị, hay người mà quý vị đang giúp đỡ, có câu hỏi về Magnolia Health, quý vị sẽ có quyền được giúp và có thêm thông tin bằng ngôn ngữ của mình miễn phí. Để nói chuyện với một thông dịch viên, xin gọi 1-866-912-6285 (Relay 711).

(This page is not part of the publication. It is the FK Level.)

FK Reading Level:

Readability Statistics	
Counts	
Words	169
Characters	742
Paragraphs	7
Sentences	11
Averages	
Sentences per Paragraph	2.2
Words per Sentence	14.6
Characters per Word	4.1
Readability	
Passive Sentences	0%
Flesch Reading Ease	82.1
Flesch-Kincaid Grade Level	5.4

OK