

Is My Baby Having a Food Allergy Reaction?

Severe food allergy reactions are rare in babies under 6 months of age. But they do happen. Here are some tips to help you speak with a doctor or seek emergency help.

Mild Food Allergy Symptoms

Food allergy reactions can be mild or severe. Some mild food allergy symptoms include:

- A few hives or mild itch on the skin (raised, often itchy, red bumps or rash)
- Itchy or runny nose or sneezing
- Itchy mouth
- Mild nausea or stomach discomfort

“Some of the symptoms of a mild food allergy can be caused by other things too. So, it can be hard to tell if the symptom is from a food allergy or something else. Use the simple test below to see if it might be a food allergy reaction”

Could Your Baby Be Telling You it is a Food Allergy?

Babies have different ways of telling you something hurts or is wrong. Here are some signs you might see in a very young baby who is having a food allergy reaction:

- Putting their hands in their mouth
- Pulling or scratching at their tongue, face, or ears

Could it Be a Food Allergy?

If you can answer **YES to ALL THREE** items below, the symptoms may be a mild food allergy reaction and you should contact your baby's health care provider.

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| 1. Your baby has one or more mild food allergy symptoms and you have not seen the symptom(s) in your baby before. | YES | NO |
| 2. Shortly before the symptom(s) started your baby ate a new food or had a food they have only had a few times before. | YES | NO |
| 3. It has been a few minutes but no more than 2 hours since your baby ate the food. | YES | NO |



Severe Food Allergy Symptoms to Watch For

IMPORTANT! If your baby has any of the severe symptoms listed below, call 911 or go to the emergency room right away. These symptoms can be a potentially life-threatening food allergy reaction.



Skin

Hives or rash covering large areas of the body



Mouth or Face

Swelling of lips, tongue, eyes, or part of the face



Throat

Trouble swallowing



Lungs or Chest

Coughing repeatedly or wheezing;
Shortness of breath or trouble breathing



Gut

Continuous spitting up or vomiting; Severe diarrhea



Other

Sudden sleepiness, difficult to wake; Weak pulse; Floppy or limp head, arms, or legs; Gray, pale, blue, or purple skin; Fainting (passing out)

For more information about food allergy, including ways to help prevent food allergies before they start, visit [FoodAllergyPrevention.org](https://www.FoodAllergyPrevention.org).