

If you develop food allergy symptoms...

If you experience symptoms that require emergency care, do not hesitate to call an ambulance.³⁾⁴⁾

Allergic symptoms that require emergency care

[Full body symptoms]

- Lethargy
- Lightheadedness
- Urinary or fecal incontinence
- Weak or irregular pulse
- Pale lips and nails

[Respiratory symptoms]

- Tightness in the throat or chest
- Hoarseness of voice
- Hacking coughs
- Difficulty breathing
- Persistent, strong coughs
- Wheezing breaths (including cases indistinguishable from an asthma attack)

[Digestive symptoms]

- Persistent, strong (unbearable) stomach pain
- Repeated vomiting



If any of the above symptoms develop...

1. Use an EpiPen® immediately

2. Call an ambulance

(In Japan, the number is 119)

3. Rest where you are

4. Stay put to wait for emergency services

5. If possible, take appropriate medicine

- ◆ If symptoms still have not improved 10 to 15 mins. after using an EpiPen®, use one more EpiPen® (if you have multiple available).
- ◆ If the patient is not breathing or lacks a heartbeat, use an AED or perform CPR.

<An example of an EpiPen® prescribed in Japan>
0.3 mg and 0.15 mg injectors are available.



Figure: 0.3 mg injector

*EpiPen®: Self-injectable adrenaline product used to treat anaphylactic shock and similar symptoms

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- Sources: 1) "Precautions for When Dining Out or Eating Ready-Made Meals (March 2023)" (Consumer Affairs Agency) (https://www.caa.go.jp/policies/policy/food_labeling/food_sanitation/allergy)
2) "Food Allergy Communication Sheet" (Consumer Affairs Agency) (https://www.caa.go.jp/policies/policy/food_labeling/information/pamphlets)
3) "Have you ever experienced difficulties talking with customers about food allergies?(March 2023)" (Consumer Affairs Agency) (https://www.caa.go.jp/policies/policy/food_labeling/food_sanitation/allergy)
4) "Food Allergy Emergency Response Manual" (Tokyo Metropolitan Government) (<https://www.hokenriyo.metro.tokyo.lg.jp/allergy/pdf/zenbun1.pdf>)

To Those with Food Allergies and Their Families

Allergy Guide for Dining Out or Eating Ready-Made Meals

English Version

There have been many cases of people with food allergies accidentally ingesting allergens when dining out or eating ready-made meals*!

*Face-to-face sales of lunches, side dishes, etc., sold without being pre-packaged in containers

When dining out or eating ready-made meals, it is often difficult to obtain sufficient information on whether food allergens are present. There have been many cases of people accidentally ingesting food allergens due to incorrect or insufficient information. This can even lead to severe cases of anaphylaxis.

This guide introduces precautions for when dining out or eating ready-made meals.

Example of accidental ingestion¹⁾

Even if it doesn't seem like it...
(Allergens: Eggs and milk)

A child developed symptoms after eating a mouthful of food ordered by his parents. The sauce had been made using butter and eggs. When ordering, they did not check for food allergens, including the dishes they ordered for their son.



Even at the same chain restaurant...
(Allergen: Eggs)

After hearing from a friend that a certain restaurant serves allergy-friendly Hamburg steaks that even her child with allergies could eat, a mother ordered her child the same dish at a different branch of the same chain restaurant. After which, the child developed symptoms. Allergy-friendly dishes differ from branch to branch, and the mother placed the order without checking with the staff.



このパンフレットは、英語を話される方のために作成しました。

群馬県

Let staff know that you have a food allergy

If you have a food allergy, either point to the appropriate pictogram below when ordering at a restaurant or purchasing ready-made meals, or place a check in the appropriate boxes to inform the staff of your food allergy.²⁾

私は食物アレルギーです。 I have a food allergy.

この食品には下のアレルゲンを含んでいますか？
Does this food contain the following allergens?

8 Specified Ingredients (Always Labeled)



えび かに くるみ 小麦 そば 卵 乳 落花生
Shrimp Crab Walnuts Wheat Buckwheat Eggs Milk Peanuts

20 Items Equivalent to Specified Ingredients (May Not Be Labeled in Some Cases)



アーモンド あわび いか いくら オレンジ カシュー キウイ 牛肉
Almonds Abalone Squid Salmon roe Orange Cashew nuts Kiwi fruit Beef



ごま さけ さば 大豆 鶏肉 バナナ 豚肉 マカダミア
Sesame Salmon Mackerel Soybeans Chicken Bananas Pork Macadamia nuts



もも やまいも りんご ゼラチン その他
Peaches Yams Apples Gelatin Other

具体的に
Specifically
UCDA 認証ピクトグラム
みんなのピクト

***Allergic reactions can occur from ingredients other than those listed above.**

Restaurants and sellers of ready-made meals are not obligated to provide information on whether food allergens are present. Some provide this information voluntarily, but it is important to note that the information provided is not always correct or up-to-date.

Important points for when dining out or eating ready-made meals

- Check with someone who is in charge and knowledgeable about food allergies for information on whether food contains allergens.
- Enjoy dining out or eating ready-made meals while remaining aware that it is up to you to prevent accidental ingestion.



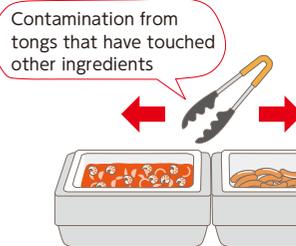
Be careful of unintentional allergen contamination!

When preparing multiple dishes at the same time, allergens may unintentionally contaminate dishes that are supposed to be allergen-free. Allergens can cause severe symptoms even in small amounts, so ensure that different utensils and tongs are used for different dishes and washed properly.

Examples of unintentional contamination¹⁾



Using the same chopping boards and knives



Using the same spoons and tongs



Beverage dispenser nozzles



Contamination from airborne particles of buckwheat flour or wheat flour