

# Severe Allergy Restaurant Card Template

This card was designed to help make it easier for you to let restaurant staff know about your severe allergies. Bring this card with you when dining out.

**Severe Allergy Alert!**

I am allergic to \_\_\_\_\_.


I could have a life-threatening reaction and must avoid this and all foods that contain the following ingredients:

Please help me **avoid or minimize the risk of a severe allergic reaction** by:

- Ensuring my food does not contain any of the above ingredients.
- Washing your hands often as you prepare my meal and before serving.
- Cleaning all cooking surfaces, utensils or equipment used to prepare my food.
- Keeping my meal covered and away from any foods that contain these ingredients.

**Thank you for your cooperation!**

EpiPen® and EpiPen® Jr (epinephrine) Auto-Injectors are indicated for the emergency treatment of anaphylaxis. After administration, patients should seek medical attention immediately or go to the emergency room.  
To ensure this product is right for you, always read and follow the label. Please consult the Consumer Information leaflet in your product package for complete dosage and administration instructions.



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## How to fill out this card:

This is an interactive PDF that will allow you to type your allergy information directly onto the card. To view the fields where you can enter information, please click the "Highlight Fields" box in the upper right-hand corner of this window.

You can also print this card and fill it out by hand.

## How to use this card:

Give this card to your server and ask them to pass it along to the kitchen staff. Your Severe Allergy Restaurant Card not only serves as a reminder of your food allergy, but can also help ensure the chef and other kitchen staff receive the most accurate information.

It's a good idea to print this card on a colour printer. That way the card can stand out in the restaurant's hectic atmosphere. You may also want to laminate the card to protect it from damage.

Make sure you carry several copies of this card when eating out in case the restaurant does not give it back.

**Severe Allergy Alert!**

I am allergic to \_\_\_\_\_.


I could have a life-threatening reaction and must avoid this and all foods that contain the following ingredients:

Please help me **avoid or minimize the risk of a severe allergic reaction** by:

- Ensuring my food does not contain any of the above ingredients.
- Washing your hands often as you prepare my meal and before serving.
- Cleaning all cooking surfaces, utensils or equipment used to prepare my food.
- Keeping my meal covered and away from any foods that contain these ingredients.

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