



Egg Allergy



Overview

This food allergy is an immune system response linked to eggs. It happens when your immune system treats harmless egg proteins as if they're a danger to your body. We see it most often in kids. Many of them will outgrow the egg allergy, but not all do.

Symptoms

What happens when a person with this allergy is exposed to eggs? Well, they may have a wide range of reactions. Their face, lips, mouth or throat may swell. They may have red spots on their skin. They may itch and break out in hives. They may have stomach pain, nausea, vomiting or diarrhea.

Anaphylaxis

If the reaction is severe, they may have trouble breathing. They may go into shock and lose consciousness. We call this "anaphylaxis." It's an emergency. Get medical help as soon as possible.

Managing this allergy

To manage an egg allergy, avoid eggs and all foods that contain egg proteins. A lot of foods fall into this category, so you need to read food labels carefully. While things like cakes, waffles and muffins may be obvious sources, watch for egg where you may not expect it. Egg may be in batters, glazes, soup stocks and sauces. It may be in marshmallows, pretzels and pasta. For a full list, ask your doctor.

Other tips

And finally, be careful in the kitchen. Keep foods and kitchen tools used to make egg-free meals away from those that aren't. Be wary of foods others have prepared. And keep in mind that some vaccines contain egg proteins. They may not be safe for a person with this allergy. For more info, talk to your doctor.