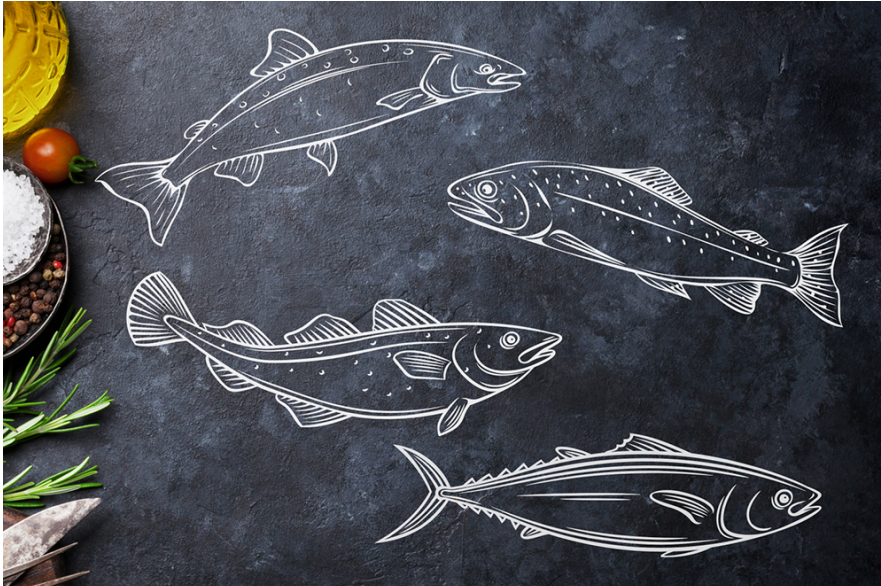




## Fish Allergy



### Overview

This food allergy is an immune system response linked to finned fish. It happens when your immune system treats harmless fish proteins as if they're a danger to your body. Some examples of finned fish include salmon, trout, cod and tuna. A person with this allergy may be allergic to one or more of them.

### Symptoms

What happens when a person with this allergy is exposed to fish? Well, they can 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 a fish allergy, avoid fish and all foods that contain fish. Read food labels carefully. Be careful when dining out. And watch for fish used as an ingredient in Caesar salad dressing and various sauces.

### Other tips

If you have this allergy, you need to stay away from places where fish are prepared. Don't touch fish. And don't inhale steam used to cook fish. For more info and a full list of foods to avoid, talk to your doctor.