Important things to know

General Information

Allergies to peanuts are a common food allergy. Severe anaphylaxis (allergic reactions) can be potentially fatal to those who are allergic to peanuts and tree nuts. Those with peanut allergies should always carry an epinephrine auto-injector to treat allergic reactions. Peanut allergies have increased three-fold over the last 10-15 years, especially in young children. Peanuts are not in the same class as pecans, walnuts or other tree nuts since they grow under the ground. An allergy to peanuts does not necessarily mean an increase risk for tree nut allergies, though about 25-40 percent of people with peanut allergies will also be allergic to tree nuts. Casual contact with nuts is generally not a problem unless the nut or nut residue comes into direct contact with the eyes, nose or mouth.

Foods to Avoid

- Peanut Butter
- Peanut Flour
- Peanut Proteins
- Peanut Oil
- Nut Pieces
- Mixed Nuts
- Beer Nuts
- Ground Nuts
- Goobers®
- Monkey Nuts
- Mixed Nuts
- Some African Foods
- Some Asian Foods
- Latin American Foods
- Some puddings, pies
- Candy
- Sunflower Seeds
- Mandelonas (peanuts soaked in almond flavoring)

Signs / Symptoms and Treatment Of Allergic Reactions

Mild—Moderate:
- Hives or rashes
- Itching
- Skin redness
- Eyelid Swelling
- Lip Swelling

Give antihistamines such as Diphenhydramine, loratadine, or cetirizine. In addition, the patient can take a stomach acid blocker such as ranitidine, omeprazole, cimetidine.

Major (potentially life threatening):
- Tongue Swelling
- Vomiting
- Difficulty Swallowing
- Confusion
- Shortness of Breath
- Wheezing
- Loss of Consciousness
- Pale Skin

If available—administer epinephrine in the large muscle of the leg. Call 911 immediately if any of these symptoms are noted!

High Risk Areas

Risk is with Cross-Contamination or directly adding nuts or nut oils in preparation of the food.

Food Service/Preparation Facilities
- Bakeries
- Ice Cream Shops
- Asian, African, Mexican Restaurants
- Indian / Thai/ Vietnamese Restaurants

POISON Help
1-800-222-1222

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Virginia Poison Center
VCU Health System
PO Box 980522
Richmond, VA 23298
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