

## When you experience food allergy symptoms...

When you ingest the causative food, you will experience various symptoms throughout your body.

If you have any of the following symptoms, you should use the epinephrine self-injector "EPIPEN®."

If you experience any symptoms, yell for help and see a doctor immediately.

Prescribed EPIPEN® in Japan are available in 0.3mg and 0.15mg doses .



Figure: 0.3mg dose

Digestive Symptoms	<ul style="list-style-type: none"> <li>● Continuous frequent vomiting</li> <li>● Persistent strong (unbearable) abdominal pain</li> </ul>
Respiratory Symptoms	<ul style="list-style-type: none"> <li>● Tightness in the throat and chest</li> <li>● Barking cough</li> <li>● Wheezing</li> <li>● Hoarse voice</li> <li>● Persistent strong cough</li> <li>● Difficulty breathing</li> </ul>
Systemic Symptoms	<ul style="list-style-type: none"> <li>● Pale lips and nails</li> <li>● Irregular/hard to find pulse</li> <li>● Brain fog</li> <li>● Exhaustion</li> <li>● Urine or stool leakage</li> </ul>

Source: Modification of EPIPEN® for general use (Japanese Society of Pediatric Allergy)

## Life-threatening anaphylactic shock may occur!

"Anaphylaxis" is a systemic allergic reaction that causes the various symptoms in the skin, respiratory system, circulatory system, digestive system, etc.

In severe cases, the body may experience "anaphylactic shock" symptoms, which are life-threatening conditions such as loss of consciousness, and/or decreased blood pressure, requiring immediate emergency response.



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# Food allergy guide during disasters

English Version

In recent years, many disasters have occurred in Japan, including typhoons, torrential rains, and earthquakes.

In the event of a disaster, the risk of triggering allergic symptoms increases.

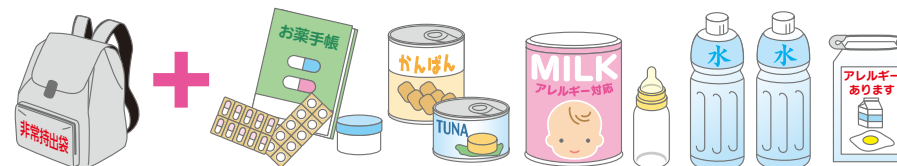
In addition to basic disaster prevention measures, this guide introduces what you should prepare for on a daily basis and what to do if/when you find yourself in an actual disaster, in order to reduce risk.



## Prepare your emergency bag

Prepare the following along with your emergency bag and emergency kit.

- Medicine and a copy of your medication notebook
- Allergy-friendly food, allergy-friendly baby formula, baby bottles, and water
- Something to alert others that you have an allergy (sticker, name tag, etc.)



## Always stock up on at least two weeks worth of allergy-friendly foods

In the event of a large-scale disaster, it is expected that allergy-friendly food, baby formula, and baby food will be more difficult to obtain than regular foods.

Therefore, it is recommended that you always stock up on at least two weeks worth of supplies.



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

## Check the contents of soup kitchens and relief supplies

Check whether or not allergy-inducing ingredients are used. However, since much of the food is cooked in large quantities, there is a possibility that small amounts of allergy-inducing food may be mixed in. For relief supplies for those with allergies, please consult with the administrative staff or person in charge of cooking.



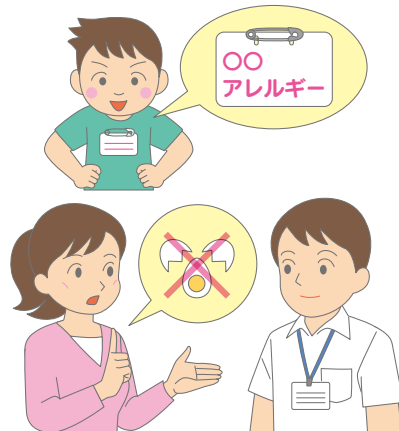
## Teach your child(ren) to consult family members before eating gifted food

People around you may give food to your child(ren) out of kindness. Teach children to always eat food whose contents have been checked by their parents/guardians.



## Let people around you know that you have a food allergy to prevent accidental ingestion

Let people around you know that you have a food allergy by sticking it on your clothes in a visible place. You can also write it on duct tape and stick it on. Prevent accidental ingestion. Also, let government officials (e.g., evacuation center staff) know that you have a food allergy as soon as possible so that they can provide support.



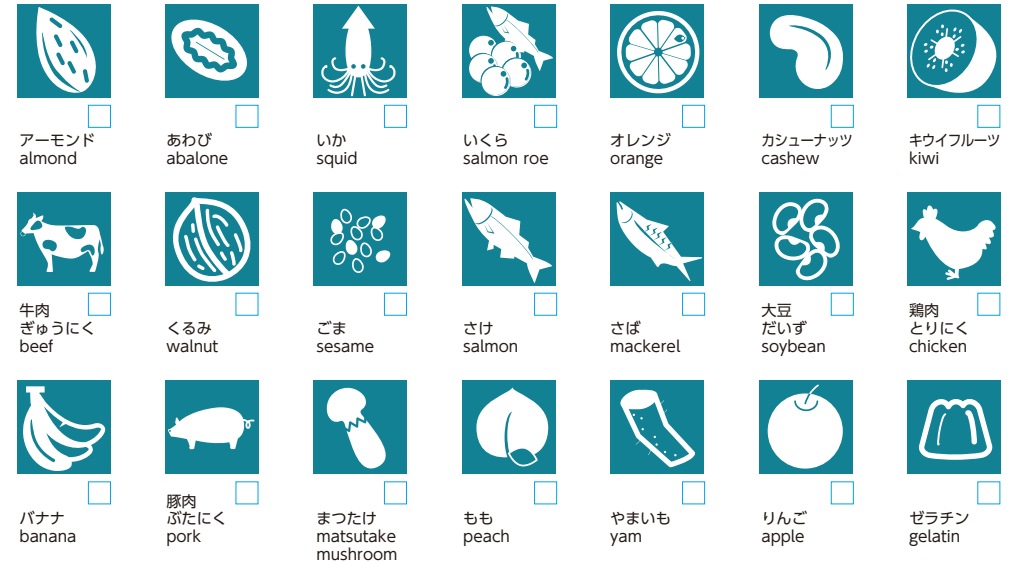
## Check the allergy label and let those around you know

If you have a food allergy, please indicate by pointing to the corresponding pictogram below or writing a check in the box.

### Allergens that are always labeled



### Allergens recommended for labeling (May not be labeled in some cases)



- Allergens listed in Japan may not match labels in foreign countries.
- Walnuts will be a mandatorily labeled allergen from April 2025.

## Be cautious of the following labels

Even if ingredients do not have an allergen label, they may have been exposed to allergens in during the manufacturing process.

- Example: Udon Noodles** The production line for this product produces buckwheat noodles.
- Example: Dried Shirasu (Whitebait)** The whitebait in this product is collected using a fishing method that also captures crab.
- Example: Snacks** This product is manufactured in a facility that also manufactures products containing eggs, milk and peanuts.