Food Allergy Form

Patient Information
Full Name: xxxxxxxxxxxxxxxxxxxxxx
Date of Birth: xxxxxxxxxx
Age: 35
Contact Information: xxxxxxxxxxxxxxxxxxxxxxxx
Company/School: xxxxxxxxxxxxxxxxxxxxxx

Medical History
Asthmatic. Slightly overweight. Seasonal respiratory problems due to asthma (usually during the summer and rainy seasons). Had COVID-19 twice.

Food Allergies

Instructions: Please tick which food/drink triggers your allergy. Please indicate the cause of the reaction (ingestion, smells, touch), and then indicate the rating of the allergic reaction (mild, moderate, severe/anaphylaxis).

✓	Food/Drink	Cause of reaction?	Severity
☑	Milk	Must ingest for it to trigger.	Mild. Almost negligible.
☐	Eggs		
☐	Fish		
☑	Crustaceans	Must ingest for it to trigger.	Moderate.
☐	Tree nuts		
☐	Peanuts		
☐	Wheat		
☐	Soybeans		

☐	Sesame		
☐	Pork		
☐	Beef		
☐			
☐			
☐			
☐			
☐			

Allergy Symptoms
He starts to itch whenever he eats shrimp or crustaceans. At worst, his throat becomes itchy and his eyes become teary. As for dairy products, it just makes him take a dump. Nothing to worry about.

Intolerances
Other than shrimp and crustaceans, he has a mild lactose intolerance. This makes him drink milk or consume dairy products at home only.

Special Diet Needs or Restrictions
He's not supposed to eat shrimp or crustaceans. That's it. He doesn't look for them, but there are times when he wants to eat. He should have anti-histamines with him. Before eating shrimp or crustaceans, he will take one.

Emergency Contacts	
Name and Relationship	**Contact Information**
xxxxxxxxxxxxxx, Father	xxxxxxxxxxxxxxxxxxxx
xxxxxxxxxxxxxxx, Mother	xxxxxxxxxxxxxxxxxxxx
xxxxxxxxxxxxxxx, Brother	xxxxxxxxxxxxxxxxxxxx
xxxxxxxxxxxxxx, Partner	xxxxxxxxxxxxxxxxxxxx
xxxxxxxxxxxxxx, Friend	xxxxxxxxxxxxxxxxxxxx

Emergency Plans
He always has anti-histamines at the ready just in case he has an allergic reaction that's a cause for concern. He loves shrimp and crustaceans even though he's not supposed to eat them, that's why he has anti-histamines just in case. The anti-histamines should be in his small bag, which is almost always wrapped around his waist. In the event that he has an allergic reaction that's severe compared to what's described above, please have him take anti-histamines immediately (though, he probably would taken one already prior to eating). Please take him to a hospital if the reaction is severe, then contact the people listed above.