A food allergy reaction sends someone to the hospital every 3 minutes. Take the time to learn 3 easy steps to keep a friend with food allergies safe. Here’s how:

**STEP 1**
Learn about food allergies, and how serious they can be.

**STEP 2**
Wash your hands with soapy water after you eat.

**STEP 3**
Stop an adult for help if a friend feels sick.

Learn how you can keep a friend safe at foodallergy.org.