

Recognise food allergy symptoms

Examples of how young children with food allergies might communicate their symptoms.

- It feels like something is poking my tongue.
- My tongue (or mouth) is tingling (or burning).
- My tongue (or mouth) itches.
- My tongue feels like there is hair on it.
- My mouth feels funny.
- There's a frog in my throat.
- There's something stuck in my throat.
- My tongue feels full (or heavy).
- My lips feel tight.
- My throat feels thick.
- It feels like a bump is on the back of my tongue or throat.

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