

HELPFUL TIPS FOR FOOD ALLERGIES

Getting rid of allergens on hands and surfaces:

*****Always wash prior to and after eating*****

What works:

- Soap and water
- Wet Ones antibacterial wipes (Playtex)
- Tidy Tykes flushable wipes (Pampers)
- Clorox bleach wipes
- Lysol wipes

What doesn't work:

- Plain water
- Hand sanitizer (ie alcohol sanitizers)

Allergy aware restaurants/businesses in Kingston:

- Mia Gelato
- Harpers
- Olivea
- Montana's
- Boston Pizza
- Smitty's
- Denise's Bake Shoppe
- Pan Chancho
- M&M Meat Shop
- Laura Secord (has some peanut free items)
- Milestones
- Lone Star
- Pita Pit

*****ALWAYS CHECK with the restaurant prior to going. Ownership and management can change policies at any time*****

Alert Bracelets:

- MedAlert <https://medicalert.ca/>
- **Universal Medical ID <http://canada.universalmedicalid.com/>
- Mediband <http://mediband.com/ca/>
- Allerbling <https://allerbling.myshopify.com/>
- Allermate <http://www.allstarcanada.ca>

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www.kingstonallergyandasthma.com