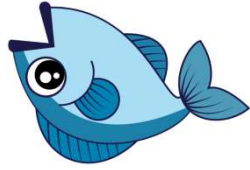


Your guide to:

Fish Allergies



Fish allergies result from a hypersensitivity of the immune system to the protein in fish. Symptoms occur within minutes of ingesting fish. Therefore fish must be avoided and you must carry epinephrine.

Do I need to avoid all fish, even if I am only allergic to one fish?

- It is important to avoid all fish, as there is risk for cross-contamination. There is also a high cross-reactivity between fish.

Do I have to avoid

shellfish/crustaceans too?

- Unless you have had a previous reaction to shellfish/crustaceans you **do not need to avoid them.** Be careful of cross-contamination and **read labels**, avoid products that say "may contain/or does contain" fish.

What are some common foods that may contain fish? (Not a complete list)

- Deli meats (some are made with surimi)
- Imitation crab/lobster meat
- Surimi
- Antipestos
- Salad dressings (Caesar dressing)
- Soups
- Tarama
- Worcestershire sauce (contains anchovy)

I used to be able to eat fish, can fish allergies develop over time?

- Yes

Can I outgrow my fish allergy?

- Unfortunately fish allergies tend to be lifelong. Therefore it is important to avoid fish all the time.

What are different names for fish?

(Not a complete list)

- Anchovy
- Bream
- Char
- Chub
- Mahi-mahi
- Haddock
- Halibut
- Cod
- Pollock
- Salmon

I can eat canned fish (tuna/salmon) do I still have an allergy?

- Canned fish is sometimes processed enough that the allergen is destroyed. However, to be safe, if you do not normally eat canned fish, it should be avoided.

Where can I find more information?

www.anaphylaxis.ca

www.hc-sc.gc.ca

Dr. Ellie Tsai
www.kingstonallergyandasthma.com