



I'M ALLERGIC TO:
**CEREALS and BREAD
(GLUTEN)**
*CEREALI E DERIVATI
(GLUTINE)*



I'M ALLERGIC TO:
CRUSTACEANS

CROSTACEI



I'M ALLERGIC TO:
EGGS

UOVA



I'M ALLERGIC TO:
FISH

PESCE



I'M ALLERGIC TO:
SESAME

SESAMO



I'M ALLERGIC TO:
SOY

SOIA



I'M ALLERGIC TO:
MILK

LATTE



I'M ALLERGIC TO:
TREE NUTS

FRUTTA A GUSCIO



I'M ALLERGIC TO:
CELERY

SEDANO



I'M ALLERGIC TO:
PEANUTS

ARACHIDI



I'M ALLERGIC TO:
MUSTARD

SENAPE



I'M ALLERGIC TO:
**SULPHUR DIOXIDE AND
SULPHITES**

*ANIDRIDE SOLFORSA E
SULFITI*



I'M ALLERGIC TO:
LUPINS

LUPINI



I'M ALLERGIC TO:
MOLLUSCS

MOLLUSCHI

PHRASES

Do you have any allergies?

Sei allergic a qualcosa?*

1) *Yes, I'm allergic to....*

Si, sono allergic a...*

2) *No, I'm not*

*No, non sono allergic**

Help, please!

Aiuto per favore!

*Get the medication in the
bag, please!*

*Prendi le medicine nella borsa per
favore!*

I'm ok I'm not ok

Sto bene! Non sto tanto bene!

*What are the
ingredients?*

Che cosa contiene questo cibo?

I'm allergic to....

Sono allergic a*

I'm celiac

*Sono celiac**



ALLERGEN CARD

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UNITED KINGDOM-ITALY

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