

# Travel-Safe Food Allergy Card

SPANISH



## How to use your ENT Family Food Allergy Cards

1. Print this PDF file and carefully cut out the Food Allergy Card.
2. Using a red marker, circle the specific food allergens that impact your dietary needs.
3. Fold the card along the indicated line.
4. Present the card to a restaurant staff member to inform them of your allergies.
5. Ensure the card remains dry and protect it from moisture.

