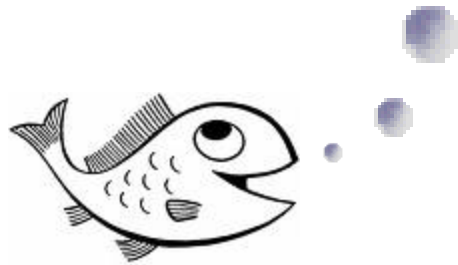
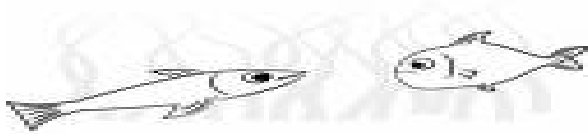


# Fish Allergies



Fish allergy results 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 an epipen.



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 (ceasar dressing)
- Soups
- Tarama
- Worcestshire 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](http://www.anaphylaxis.ca)

[www.hc-sc.gc.ca](http://www.hc-sc.gc.ca)