The term "cross-contamination" is fairly new. Some people may call this "cross-contamination." The term "cross-contact" is fairly new. Some people may call this "cross-contact." Why don't we use the term cross-contamination? $
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**FAQ**

**What is a food allergy?**

A food allergy is a severe immune system reaction to a food. It can make you feel badly, usually with an upset stomach and vomiting. In severe cases, it can cause anaphylaxis (pronounced "uh-nuh-fil-LAX-is"). Anaphylaxis is a severe allergic reaction that happens quickly and may cause death. Anaphylaxis can affect several areas of the body. It can make it hard to breathe and may cause a life-threatening reaction called anaphylaxis. 

**Are allergic reactions serious?**

Yes. They can be life-threatening. A food allergy can cause a reaction called anaphylaxis. Anaphylaxis is a severe allergic reaction that happens quickly and may cause death. Anaphylaxis can affect several areas of the body. It can make it hard to breathe and may cause a life-threatening reaction called anaphylaxis. 

**What Is the difference between a food allergy and an intolerance?**

Unlike a food intolerance, food allergies involve the immune system. 

**What Is a food intolerance?**

A food intolerance is a reaction to a food because your body is sensitive to it. Unlike a food allergy, food intolerance does not involve the immune system. 

**What Is a food allergy?**

A food allergy is a reaction to a food because your body is sensitive to it. Unlike a food intolerance, food allergy involves the immune system.