

# Help Me Stay Safe!

*I have celiac disease, a federally recognized disability, and need to eat gluten-free.*

## **Please Do Not:**

- Use any ingredients with **wheat, barley or rye** in my food
- Use a pot of water already used to boil gluten-containing ingredients
- Use a fryer already used to fry gluten-containing ingredients
- Add croutons to a salad
- Hesitate to ask me questions

## **Please Do:**

- Ask me about ingredients you're uncertain about
- Follow standard protocol cooking for a customer with food allergies
- Use new gloves
- Use clean utensils, pots and pans
- Place foil down before grilling
- Ask questions!

Learn more at [beyondceliac.org/what-is-gluten](https://beyondceliac.org/what-is-gluten)

# Learn More About Celiac

## What is Celiac Disease?

Celiac disease is an autoimmune disease. When someone with celiac eats gluten, their immune system starts attacking and destroying the small intestine.

## Treating Celiac Disease

The gluten-free diet is the **only** treatment for celiac disease. Patients cannot use Epi-pens, Benadryl, insulin or any other medication to treat celiac. They can only avoid gluten by eating gluten-free.

**Thank You For Your Help!**

Scan QR code with your phone

