

VALENTINE'S DAY POP QUIZ

See how much you know about the LOVE-filled holiday:

Valentine's Day is the most popular occasion for sending greeting cards

MYTH!



According to the Greeting Card Association, about **145 million greeting cards** will be bought for Valentine's Day, making it the **second** most-popular card-sending occasion in the U.S. Christmas is the most popular.

Everyone loves to get a box of chocolates

MYTH!



For people who have potentially life-threatening (severe) allergies, getting a box of chocolate might not be a welcome gift. **Many chocolates may contain some of the most common food allergens like cow's milk, eggs, peanuts and tree nuts.**

The average adult spends more than \$100 to celebrate Valentine's Day

FACT!



The average adult celebrating the holiday will shell out \$126.03, according to the National Retail Federation.

More than half of people purchased flowers or plants as gifts for Valentine's Day 2013

MYTH!



Twenty-five percent of adults purchased flowers or plants as gifts for Valentine's Day 2013; of those, 64% were men and 36% were women, according to AboutFlowers.com.

You can experience a life-threatening allergic reaction (anaphylaxis) from a kiss

FACT!



It is possible to experience a life-threatening allergic reaction if **you kiss someone who has eaten something to which you are allergic.** Your best bet is to ask your loved one to stay away from your allergens before you pucker up.

HAPPY VALENTINE'S DAY!

For more information about severe allergies and anaphylaxis, visit AnaphylaxisRevealed.com

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