

EMERGENCY PREPAREDNESS CHECKLIST

Ways to prepare for an emergency

- Go over your action plan with your parents/guardians
- Keep your emergency medicine called epinephrine in a safe area
- Always have two epinephrine auto-injectors with you

Learn about an allergic reaction

- Signs of an allergic reaction
- The name of your medicine (epinephrine)
- How to use your medicine (epinephrine)
- Practice what to do if there is an emergency at home or school



Ask who will help you

- Does an adult know about your food allergies
- Does an adult know how to use your emergency medicine (epinephrine)

What if there is an emergency

- Tell an adult or call 911 right away!
- If you use your emergency medicine (epinephrine), **call 911 right away!**